



**Her abs are
her own doing.**

**Her shoulder
is ours.**

Movement is Tracey Staehle's business. So when shoulder pain prevented the Simsbury fitness instructor from working or sleeping well, she turned to The Hospital of Central Connecticut. Staehle underwent minimally invasive arthroscopic surgery to fix her shoulder. She's back to work — or should we say workouts — and recently completed her eighth fitness video.

The hospital offers a full range of advanced orthopedic services, from outpatient procedures like Staehle's to total knee and hip replacements at our new Center for Joint Care. The Center features private rooms, and a comprehensive program that guides you from pre-surgery through recovery. Along with accomplished physicians and outstanding staff. To learn more about our orthopedic services, please call (860) 224-5186.



The Center for Joint Care

The Hospital of **Central Connecticut**

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www.thocc.org