

Before your first orthopaedic visit

OSclinic ? Dr Ala' Hawa | Al-Rasheed Hospital, Jordan Street, Amman

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Bring:

- Photo ID and insurance details (if applicable)
- Previous X-rays, MRI, or CT reports (disc or printed)
- List of current medications and allergies
- Operation notes or physiotherapy letters from prior care
- Short written summary: when pain started, what makes it worse/better

Questions to ask:

- What is the most likely diagnosis?
- What non-surgical options exist?
- When would surgery be considered?
- What is the expected recovery timeline?

Disclaimer: Educational checklist only. Not a diagnosis. Emergencies: hospital first.

Version: 2026-10-07