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First Choice Medical Group Orthopaedic Surgeon, Dr. Kenneth Sands, Now First in the State of Florida Trained and Certified to Perform ACL-Sparing Total Knee Replacement

Dr. Sands Invited to Lecture at Smith & Nephew Regional Recon Hip and Knee Professional Education Seminar in Nashville, Tennessee

MELBOURNE, FL -- (Marketwired) -- 08/16/16 -- First Choice Medical Group, a subsidiary of First Choice Healthcare Solutions, Inc. (OTCQB: FCHS), is pleased to announce that a member of its clinical team, Board Certified Orthopaedic Surgeon Dr. Kenneth C. Sands, is now among only a handful of physicians in the nation -- and the only surgeon within the State of Florida -- trained and certified to perform a revolutionary new total knee replacement that preserves the anterior cruciate ligament (ACL).

In a traditional total knee replacement, a surgeon has to remove the ACL to get a new knee implant into place -- even when the ACL is still healthy or uninjured. However, utilizing this new ACL-sparing technology pioneered by Smith & Nephew, Dr. Sands is able to save this important ligament, helping a patient's post-surgical knee feel and move more like the original, natural knee.

Dr. Sands stated, "I believe that as many as 70% of all my patients requiring total knee replacements will benefit from this exciting, new surgical treatment that preserves as much of the natural knee as possible. In addition to historically faster recoveries, studies have shown that this surgical solution can allow for greater stability and flexibility of the knee joint and potentially improved durability of the implant; and increases a patient's ability to perform complex movements, such as those required for tennis, skiing, dancing, golfing and hiking. Most importantly, it *feels* more like a real knee."

This past weekend, Dr. Sands delivered a lecture on the technology and led instructional surgical labs for physicians in attendance at the Regional Recon Hip and Knee Professional Education Seminar hosted by Smith and Nephew in Nashville, Tennessee. "This is game-changing technology for the Orthopaedic industry," said Dr. Sands. "I feel very privileged to have been chosen to be on the leading edge of its industry adoption. In time, there is no doubt in my mind that ACL-sparing total knee replacement will become the preferred standard of care for knee replacements in all active adults."

Kris Jones, Vice President of Medical Operations at First Choice, noted, "We are very

pleased that First Choice Medical Group is the first Orthopaedic practice in the State of Florida to offer this breakthrough approach to treating injured or diseased knee joints. Moreover, we take tremendous pride that our team of globally distinguished physicians continue to be recognized as industry leaders in the delivery of musculoskeletal and rehabilitative care."

About Kenneth Sands, M.D., F.A.A.O.S

Board Certified by the American Board of Orthopaedic Surgery, Dr. Sands is a member of the American Association of Hip and Knee Surgeons and the American Academy of Orthopaedic Surgery. He specializes in minimally invasive total hip replacement surgery, total hip resurfacing, direct anterior total hip replacement surgery, computer assisted total joint replacement, and the Oxford unicompartmental knee replacement surgery. A graduate of Tulane University School of Medicine in New Orleans, Dr. Sands received his undergraduate education from Duke University in Durham, North Carolina; completed an Orthopaedic Surgery residency at State University of New York in Brooklyn; and completed a fellowship in Orthopaedic Joint Replacement Surgery at the Florida Orthopaedic Institute in Tampa. Prior to moving to Florida, Dr. Sands helped develop a nationally recognized total joint center of excellence in Rome, Georgia and served as the medical director. Dr. Sands also served in the United States Army and directed the Adult Joint Reconstruction program at William Beaumont Army Medical Center, as well as served on the academic faculty at Texas Tech University Health Science Center School of Medicine in El Paso, Texas and as a Director of the Floyd Medical Center Total Joint Center of Excellence.

About First Choice Medical Group

Serving Florida's high growth Space Coast region, First Choice Medical Group is dedicated to delivering state-of-the-art musculoskeletal diagnosis and treatment to ensure pain, discomfort and dysfunction are readily resolved and the quality of life you are seeking is successfully attained. A subsidiary of First Choice Healthcare Solutions, Inc. (OTCQB: FCHS), one of the nation's only non-physician-owned, publicly traded healthcare services companies focused on the delivery of total musculoskeletal solutions with an emphasis on Orthopaedics, including spine care and treatment, First Choice Medical Group specializes in total joint reconstruction, sports medicine, total shoulder reconstruction, hand trauma, Parkinson's, MS and related interventional pain medicine.

About First Choice Healthcare Solutions, Inc.

Headquartered in Melbourne, Florida, First Choice Healthcare Solutions (FCHS) is implementing a defined growth strategy aimed at expanding its network of non-physician-owned medical centers of excellence, which concentrate on treating patients in the following specialties: Orthopaedics, Spine Surgery, Neurology, Interventional Pain Management and related diagnostic and ancillary services in key expansion markets throughout the Southeastern U.S. Serving Florida's Space Coast, the Company's flagship integrated platform currently administers over 100,000 patient visits each year and is comprised of First Choice Medical Group, The B.A.C.K. Center and Crane Creek Surgery Center. For more information, please visit www.myfchs.com, www.myfcmg.com, www.thebackcenter.net and www.cranecreeksurgerycenter.com.

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Certain information set forth in this news announcement may contain forward-looking statements that involve substantial known and unknown risks and uncertainties. These

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