

The Good News for Bad Knees Just Got Better

ORTHOPEDIC EXCELLENCE


ADVANCED ORTHOPEDIC CARE RIGHT HERE

Now more than ever, there are fewer reasons to leave the Cape Cod for orthopedic care and treatment.

- Our talented orthopedic surgeons have been trained at some of the finest medical schools and all are board-certified.
- Equipment has evolved and techniques have been refined, resulting in smaller incisions and faster recovery times.
- Computer-guided technology to improve performance and outcomes of total joint replacements and other procedures.
- Complete spectrum of orthopedic expertise, including sports medicine, arthroscopy and foot and ankle procedures.
- Individualized attention, involving family support and convenient post-operative rehab and nursing care.

For more information call 1-877-CAPECOD (1-877-227-3263) or visit www.capecodhealth.org.

Cape Cod Hospital – World Class Care... Right Here.



Pictured (left to right) are John Wells, M.D., William Kormanik, M.D. and Timothy Leonard, M.D., all Orthopedic Surgeons.

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Falmouth Hospital – World Class Care... Right Here.



Pictured (left to right) are Scott Harris, M.D., Paul Diamond, M.D., Donald Uffler, M.D. and Robert Whitman, M.D., Orthopedic Surgeons at Falmouth Hospital.

Total Joint Center
CAPE COD HOSPITAL
 Cape Cod Healthcare

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Program Information: 1-877-227-3263
Email: totaljointcenter@capecodhealth.org

Total Joint Center
FALMOUTH HOSPITAL
 Cape Cod Healthcare

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www.CapeCodHealth.org

CCMA_NL_040



Cape Cod Hospital

Welcome to Our New Joint Floor

Cape Cod Hospital's Total Joint Center offers a multi-disciplinary approach to orthopedic care and treatment.

- Our talented orthopedic surgeons are all board-certified and have trained at some of the best medical schools in the U.S.
- Our nurses are specifically trained in orthopedics, and many have Orthopedic Nurse Certification (ONC) credentials.
- The technology we use has evolved and techniques have been refined, resulting in smaller incisions, less pain and faster recovery times.
- Patients receive individualized Care Maps, or Clinical Pathways, designed by their physician, which include specialized nursing care, inpatient rehabilitation and promote family involvement.
- You will recover in large, well-designed private rooms in the stunning, state-of-the-art Mugar Building at Cape Cod Hospital. Each room features telemetry for patient monitoring and hydraulic lifts to help you move safely during your recovery.

Cape Cod Hospital's Total Joint Center offers a multi-disciplinary, caring team. Our highly-skilled surgeons, and dedicated nurses, therapists and technicians work together on an individualized Care Map specifically designed to achieve the best outcome for you. You will be cared for by nurses and staff specially trained in the comprehensive medical care needed for patients undergoing total joint replacement, on a state-of-the-art orthopedic floor at Cape Cod Hospital.



Falmouth Hospital

Welcome to Falmouth Hospital

Falmouth Hospital's Total Joint Center offers a multi-disciplinary approach to orthopedic care and treatment.

- Falmouth Hospital was recently designated by Blue Cross and Blue Shield of Massachusetts as a Blue Distinction Center for Knee and Hip ReplacementSM, a designation given to "leading institutions that meet clinically-validated quality standards and deliver better overall outcomes in patient care."
- Our talented orthopedic surgeons are all board-certified and have trained at some of the best medical schools in the U.S.
- Our nurses are highly experienced in orthopedics
- The technology we use has evolved and techniques have been refined, resulting in smaller incisions, less pain and faster recovery times.

Falmouth Hospital's Total Joint Center offers a multi-disciplinary, caring team. Our highly-skilled surgeons, and dedicated nurses, therapists and technicians work together on an individualized Care Map specifically designed to achieve the best outcome for you.



Upcoming Joint Seminars:

	<p>Dr. Getting a Good Diagnosis-Knees Date: March, 2010 Time: 9 a.m. Location: Street, City</p>		<p>Dr. Shoulder Problems Date: March, 2010 Time: 9 a.m. Location: Street, City</p>
	<p>Dr. Hip Problems Date: March, 2010 Time: 9 a.m. Location: Street, City</p>		<p>Dr. Knee Problems Date: March, 2010 Time: 9 a.m. Location: Street, City</p>

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Our Services

- Hand Surgery
- Carpal Tunnel
- Shoulder Disorders
- Rotator Cuff Surgery
- Joint Replacement
 - Knees
 - Hips
 - Shoulders
- Athletic Injuries & Training Programs
- Sports Medicine
- Knee Ligaments
- Fracture Care
- Joint Injections
- Orthopaedic Trauma
- Arthroscopic Surgery

Life Can Be Hard on Knees



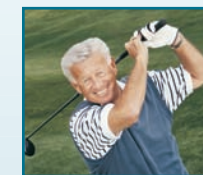
As we age, we experience knee pain caused by osteoarthritis. As the cartilage gradually wears away, much like the tread on a tire, it causes almost constant pain and limits your ability to walk, work or perform simple activities.

Treating Osteoarthritis

In the early stages, osteoarthritis can often be treated with medicines, injections and other non-surgical treatments. Once the cartilage is worn thin or is totally gone these treatments fail to relieve the pain. The conventional treatment has been surgical reconstruction of the knee that replaces all three compartments of the knee with a prosthetic implant.

Partial Knee Resurfacing

Partial knee resurfacing is a small-incision procedure that can greatly benefit people who have arthritis in only one compartment of the knee. Instead of replacing the entire knee, partial knee resurfacing replaces only the part of the knee damaged by arthritis. The incision is small, there's less pain, faster recovery and most patients are walking the same day.



PKR Advantages

- Only one night stay
- No suture removal
- Back to activities in 4-6 weeks
- No physical therapy
- No blood transfusions

Total Knee Resurfacing

When the cartilage is damaged in more than one part of the knee, the entire knee joint can be successfully resurfaced with metal and plastic, preventing bone from rubbing on bone. This procedure has excellent results in long-lasting pain relief and restored joint function. The hospitalization and recovery time is longer than partial knee resurfacing, but generally patients can expect to return to normal activities in 8-12 weeks.



Are you a candidate?

Imagine your mother calls you complaining about her knees again when she goes out for her daily walk. She even mentioned that she may quit walking because the pain is just terrible. Once she gets moving the pain eases a bit, but if she sits too long, the pain returns. She sounds discouraged and the supplements she is taking seemed to help at first but are not giving her relief.

Your mother has visited with her medical doctor many times and the practitioner told her it is part of the aging process, which she didn't want to believe. Her only option is to get injections when it gets real bad, or consider a surgery. Knee Replacement can help.

We Emphasize Patient Education

According to Press Ganey research, well-educated patients are more likely to have better outcomes. We place a high priority on making sure you and your family are well-informed each step of the way. Our innovative program includes:

- Wellness focus
- Community outreach seminars
- Patient education video explains procedures
- Wall displays answer frequently asked questions
- Patient education brochures
- Joint replacement newsletters
- HomeWork® kit with exercises and advice after discharge
- Patient wears own clothes
- Private rooms



Sports Medicine, Foot & Ankle

Cape Cod Hospital surgeons specialize in sports injuries, corrective surgeries, diabetic complications, heel pain, orthotics, bunions and hammertoes.



Put your best foot forward

Our feet are incredibly important to our overall well being and with our busy lifestyles, foot problems are too often overlooked. The average

American walks over 75,000 miles before the age of 50 and we really need to take preventative measures to keep our feet healthy, especially if you are diabetic. Podiatrists suggest:

- 1. Don't go barefoot**—there are dangerous objects and insects that can be stepped on causing painful and unnecessary injury.
- 2. Avoid heel pain**—do stretches in the morning and before beginning to exercise.
- 3. Wear sensible shoes**—some sandals make your feet work too hard, and high heels put unusual pressure on the balls of your feet.
- 4. Protect your feet from contaminated water**—especially in locker rooms and pool areas.
- 5. New boots or shoes**—do not wear them if you are walking or hiking long distances.

What is osteoporosis?

Because bones are living tissue, they are constantly renewing themselves with cells that build and take away bone. When the cells that take away bone work faster than the cells that build bone, bone loss can occur. Osteoporosis occurs when bones lose density.



Hand and Wrist

Our hands and wrists are made up of bones, joints muscles and nerves, all working together as one amazing tool.

Diagnosing Hand & Wrist Pain

Your doctor will check your hands and wrists for tenderness, pain and lack of motion.

- **X-rays**—show broken bones or fractures.
- **MRI**—shows damage to soft tissue.
- **CT scans**—show three-dimensional pictures of bones.
- **Electro diagnostic tests**—show muscle damage.

Helpful techniques to treat injuries —Remember - R. I. C. E.

Rest—your hand and allow your body time to heal.

Ice—Use ice for one – three days for 20 minutes every two hours to reduce pain and swelling.

Compression—Use an elastic bandage to help immobilize and support the injured hand or wrist.

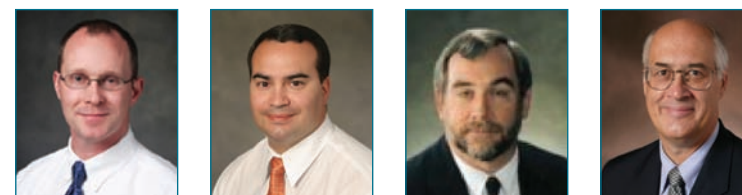
Elevation—Raise your hand above the level of your heart to reduce swelling and allow fluid to drain away for the injury.

Meet Your Orthopedic Specialists

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Your Cape Cod Specialists



James Boyle, M.D. Timothy Kinkead, M.D. Richard Mannal, M.D. William Manning, M.D.



Thomas Mitchell, M.D. Michael Murphy, M.D. Andrew Smith, M.D. John Willis, M.D.

Your Falmouth Specialists



Paul Dimond, M.D. Scott Harris, M.D. Donald O'Malley, M.D. Robert Wilsterman, M.D.



Rehabilitation: Massage & Physical Therapy

Rehabilitation practitioners are nerve, muscle and bone experts who specialize in treating injuries or illnesses that affect motion through the use of special exercises, massage, heat, ice, electricity, laser light, ultrasound, traction, and reeducation. Their goal is to decrease pain and enhance movement.

Clinical Social Workers are available to address family and patient adjustment needs during periods of disability.

Physical Therapy

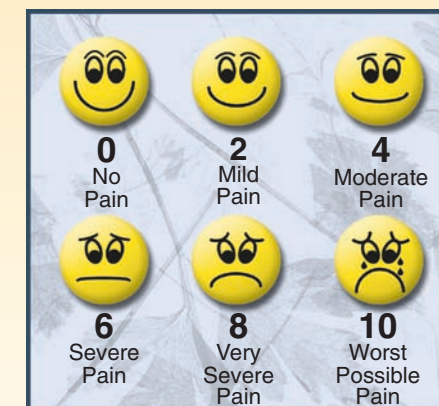
Physical therapy can help you recover from an injury and avoid future injury by reducing pain in the soft tissues (muscles, tendons, and ligaments), improving flexibility and function, and building muscle strength.

Physical therapy can also help you live more easily with chronic health conditions. Your physical therapist will work with you to establish your goals and create a program to meet your needs.

Massage Therapy

Massage is one of the oldest healing arts dating back 3,000 years. Today, the benefits of massage include the relief of tension of everyday living that can lead to disease and illness. As part of our rehabilitation program, massage therapy has also proven beneficial for many chronic and acute conditions, including spine pain, tendonitis, fatigue, anxiety and depression.

Numeric Pain Intensity Scale



Be sure to describe the duration of your pain. Does it come and go, or is it constant? What makes your pain better or worse? Where does it hurt?

We recommend you use a scale like the one above to describe your pain each time, so your doctor can be clear when you are starting to feel relief.