



# Orthopedics



**JOHN MUIR**  
HEALTH

# Positive experience. Positive outcomes.

At John Muir Health, we are committed to providing your patients with orthopedic services that deliver an exceptional overall experience from evaluation and diagnosis to treatment and rehabilitation. Our goal is to ensure that your patients are completely satisfied with their care at every step and are returned to you with optimum function and improved quality of life.

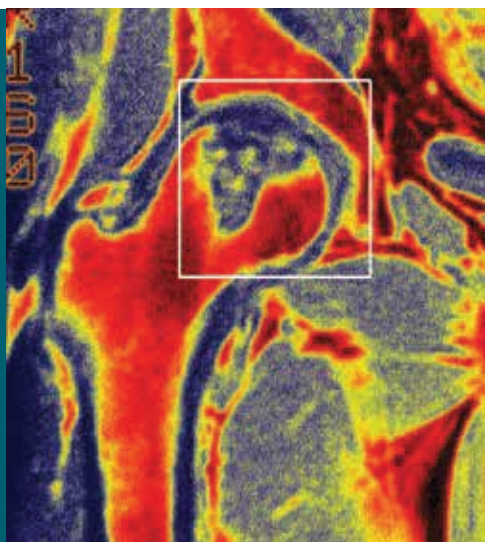
When you refer your patients to John Muir Health, you can be confident they will be treated in a compassionate and caring manner. Our highly trained team of surgeons, nurses and other clinical professionals pride themselves on taking the time to listen, explain, share information and provide guidance, so the best decisions can be made for your patients' health.

We use advanced surgical techniques to reduce patient discomfort, speed recovery and shorten hospital stays. Our dedicated orthopedic units feature state-of-the-art surgery suites, advanced diagnostic capabilities, rehabilitation services, leading-edge surgical offerings and integrated services.

## Top-level training. Superior skills.

At John Muir Health, we take an integrated approach to patient care that brings together the finest surgical specialists, skilled nursing staff and highly trained physical occupational therapists.

Our orthopedic surgeons possess multispecialty qualifications, with recognized specialists in joint preservation, spine surgery, joint replacement, sports medicine, and hand, shoulder, upper extremity, foot and ankle surgery, as well as orthopedic oncology.



Osteoarthritis of the hip, right femoral head MRI.

Our dedicated orthopedic team includes a nursing staff that is 100% Orthopedic Nursing-Certified (ONC®), along with technicians, therapists, case managers, ancillary staff, and sub-specialized orthopedic physicians, hospitalists and consultants.

For your patients who require emergency care, John Muir Health is a Level II Trauma Center with orthopedic and trauma surgeons available 24 hours a day, resources in place at all times to treat high-risk and fragile patients, and a multispecialty clinical team, should your patients require non-surgical orthopedic care.

For urgent transfer of a patient to John Muir Health's Orthopedic Services, call the Transfer Center at (925) 947-4488. Air transport is available to both of our medical centers, and if needed, will be arranged by the Transfer Center.

**For more information about  
our orthopedics services  
and our physicians, call  
(925) 941-5010.**



# Minimize pain. Maximize function.

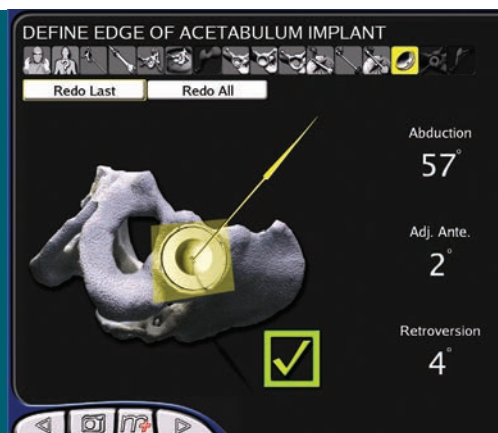
Many patients are hesitant to move forward with important, life-enhancing orthopedic surgeries for fear of a long, painful recovery. When you refer your patients to John Muir Health, you can rest assured their treatment will involve minimal pain and downtime. In fact, we use the most advanced types of anesthesia, including regional anesthesia, to dramatically reduce post-operative pain.

## Advanced orthopedic procedures

Orthopedic surgery techniques have evolved over the years, and John Muir Health continues to incorporate and refine many of the newer, less invasive procedures into our program. Designed to reduce pain and recovery time, these approaches include minimally invasive total joint surgery, leading-edge arthroscopic technology, navigation systems, and new spine decompression and fusion techniques through minimally invasive lateral and posterior approaches.

Our orthopedic surgeons are trained in the most current surgical techniques and treatments. Only the best bearing surfaces are utilized in total joint replacement surgery to maximize joint longevity, with each patient's needs and expectations in mind.

For your patients with spine and/or orthopedic trauma, our surgeons use emerging technologies in fracture fixation and bone grafting to speed healing, decrease recovery time and restore function.



Streamlined software solutions allow surgeons to accurately track, analyze and monitor instrumentation relative to a patient's anatomy.



# Quality care at every step.

At John Muir Health, we go out of our way to ensure your patients receive a comprehensive continuum of care—from pre-operative services to rehabilitation—that goes well beyond the often isolated components of typical orthopedic services programs. This unique, all-encompassing approach is designed to help your patients return to maximum function as quickly as possible.

## **Pre-operative care**

We offer a variety of services to help prepare your patients for orthopedic surgery, including classes such as pre-operative instruction for patients undergoing hip and knee replacement and spine surgery. We also provide printed patient guides that highlight what to expect before, during and after surgery. Pre-Operative Clinic is available providing pre-surgical assessment for orthopedic patients.

## **Post-operative care**

To help speed recovery, orthopedic-certified registered nurses and nursing assistants, as well as an orthopedic nurse manager, provide around-the-clock care in our dedicated orthopedics unit. We also offer a customized exercise and mobility program designed to safely get patients up and moving in a timely manner.

## **Discharge**

To prepare your patients for a seamless transition from hospital to home or community care, case managers, physicians, nurses, and physical and occupational therapists will assess your patients' progress and make recommendations for optimum recovery. Rehabilitation begins in the hospital after surgery and, if necessary, continues at an outpatient therapy clinic, in the patient's home or in a skilled nursing facility. To ensure you are kept up-to-date, a full discharge summary will be sent to you directly.

## **Rehabilitation**

Our comprehensive rehabilitation services include a 30-bed acute inpatient rehabilitation unit and several outpatient rehabilitation centers offering physical and occupational therapy.

# Dedicated to returning your patient to maximum function.

At John Muir Health, our primary goal is to provide your patients with an exceptional experience from pre-op to rehab, and to return them to you with maximum function following surgery. To this end, our highly skilled orthopedic specialists utilize only the most current techniques in pain management. Our surgeons use computer-guided technology as needed for implant placement and replacement, and are trained in both minimally invasive approaches and more traditional surgeries. For your patients who require joint surgery, our specialty-trained surgeons employ state-of-the-art reconstructive techniques.

## Orthopedic trauma surgery

Designated as a Level II Trauma Center, John Muir Health offers outstanding rapid response care and surgical interventions by leading fellowship-trained trauma surgeons.

## Spine care

Our spine specialists offer operative and non-operative management for virtually all types of spinal disorders—from spinal stenosis and degenerative conditions to spinal trauma, infection and tumors.

Both inpatient and outpatient treatments are provided by our physicians.

- Microdiscectomy
- Laminectomy, laminoplasty, foraminotomy
- Motion preservation surgery
- Spine stabilization and fusion surgery
- Minimally Invasive Surgery techniques
- Cancer reconstruction
- Complex spine deformity treatment
- Spine injections and spinal cord stimulator therapy
- Kyphoplasty and vertebroplasty



MRI scan showing herniated lumbar disc with nerve impingement.

## Total joint replacement surgery

Our surgeons work with you and your patient to determine which procedure will ensure minimal pain, faster healing and a quicker recovery.

- Minimally invasive, traditional approach and reconstruction / revision procedures for the hip, knee and shoulder
- Anterior hip replacement / hip resurfacing
- State-of-the-art technology and surgical implants
- Patient Specific Instrumentation
- Revision hip and knee replacement, including revision of failed replacements
- Comprehensive management of osteonecrosis
- Management of massive bone loss
- Management of infected joint replacement

## Total joint revision surgery

Revision surgery of the hip or knee is the replacement of the old prosthesis with a new prosthesis. Revision may be due to failure of the prosthesis from instability, a broken or dislocated implant or bone infection. Revision surgery is a complex procedure that requires more time than a primary procedure.

## Joint Preservation

Joint preservation is a concept of restoring normal and pain-free function to the knee, hip, and shoulder joint. Joint preservation is achieved through the use of multi-modality treatment options that can include activity modifications, physical therapy, medications, injections, and sometimes surgery.

Just as every patient is different, each patient's joint preservation strategy is personalized for his or her age, activity level, expectations, and degree of joint dysfunction. As mechanical causes of degenerative joint disease are now recognized earlier in the disease process, these techniques may be used to decelerate or even prevent progression to osteoarthritis.

Joint-Preserving Techniques:

- Arthroscopy
- Arthrotomy
- Bone reshaping
- Realignment osteotomy ( femoral or acetabular )
- Biologic resurfacing of articular surfaces

## Anterior hip replacement

Our orthopedic surgeons perform hip replacement surgeries using state-of-the-art minimally invasive techniques such as anterior hip replacement.

- Potential procedure for patients presenting for primary hip replacement
- No muscle releases or significant activity restrictions postoperatively
- The dislocation rates are approximately 0-2 percent
- There is potential for a fast return to function and normal gait

## Upper extremity / shoulder / elbow / hand surgery

Our orthopedic surgeons are board-certified and specially trained to provide treatment for our patients with common and complex disorders of the hand and upper extremities. Surgical procedures may include arthroscopy, microsurgery and joint replacement of the hand, elbow, wrist and shoulder, as a result of injury or chronic debilitating conditions.

## Foot / ankle surgery

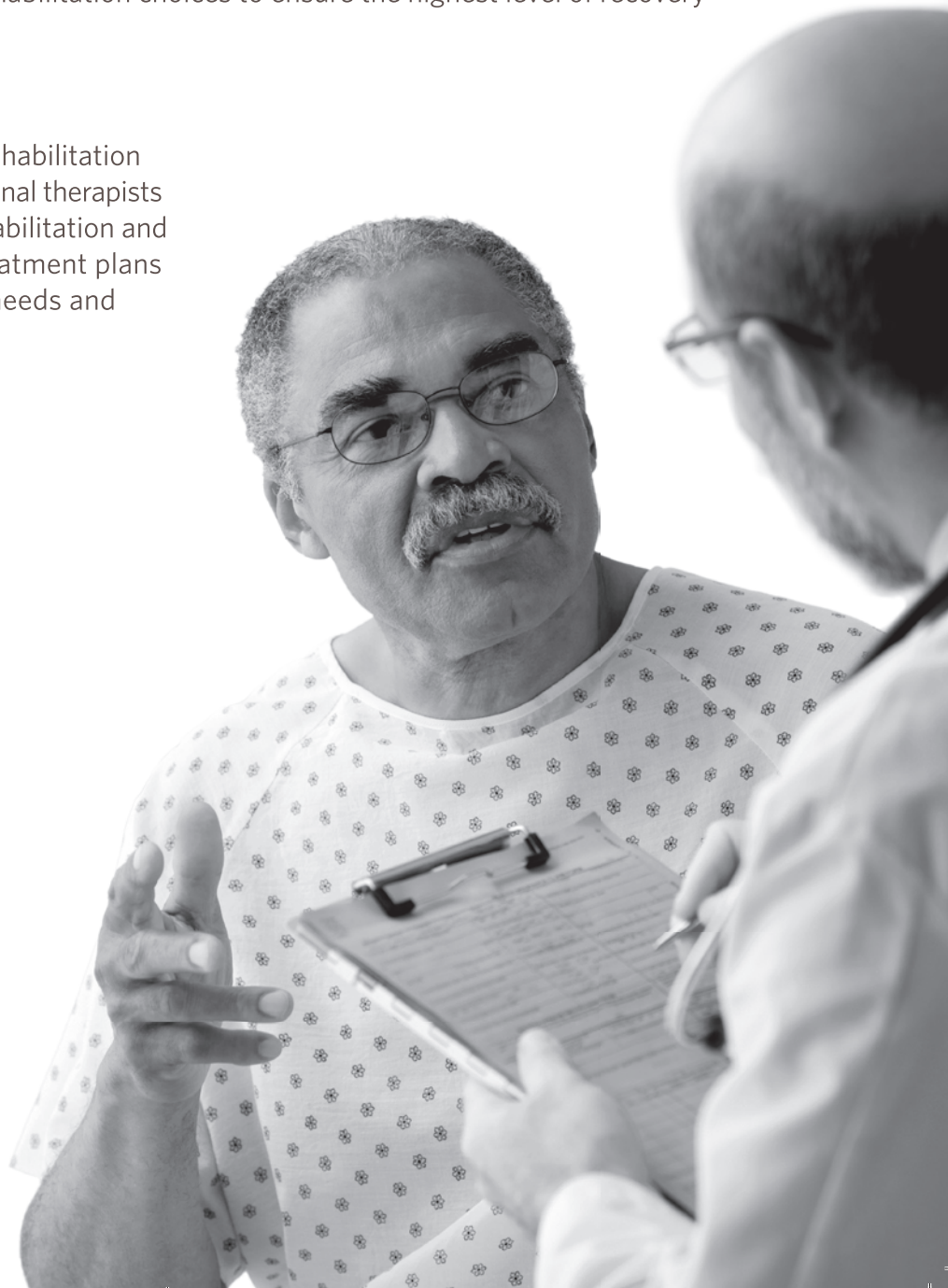
Utilizing the most innovative, technologically advanced surgical procedures for lower extremity deformities, sports injuries and degenerative conditions, our surgeons have advanced training in forefoot, hindfoot and ankle reconstructive surgery.

## Sports Medicine

We have doctors who specialize in sports medicine for people with injuries resulting from athletic activities. Our sports medicine and rehabilitation services include patient education, individualized care, and advanced treatment and rehabilitation choices to ensure the highest level of recovery and physical ability.

## Rehabilitation

Our team of physical medicine and rehabilitation specialists, and physical and occupational therapists provide comprehensive inpatient rehabilitation and outpatient services. Personalized treatment plans are provided to meet the individual needs and goals of your patient.





# Modern facilities designed to speed healing and recovery.

Our state-of-the-art facilities in Walnut Creek and Concord are designed to make your patients as comfortable as possible while they recover. We offer dedicated inpatient orthopedic suites with private rooms in both of our Walnut Creek and Concord medical center locations, as well as a 30-bed acute inpatient rehabilitation unit at Walnut Creek. These serve to further enhance the overall John Muir Health experience by placing your patients in the hands of specialized nursing and professional staff.

In an effort to broaden our services and ensure that we meet the needs of patients at every stage of their orthopedic care. Together, our locations offer:

- 60 dedicated inpatient orthopedic suites with private rooms
- Comprehensive therapy gym and calming outdoor rehabilitation garden
- 30 additional beds in the acute inpatient rehabilitation unit
- Leading-edge diagnostic capabilities
- Dedicated orthopedic registered nurses and CNA's
- A full line of outpatient rehabilitation services
- Pre-operative complimentary teaching class for patients and their care givers
- Specialized orthopedic operating rooms and surgical personnel





## About John Muir Health

John Muir Health is a nationally recognized, not-for-profit health care organization serving patients in Contra Costa, eastern Alameda and southern Solano Counties. It includes a network of over 1000 primary care and specialty physicians, more than 6,000 employees, medical centers in Concord and Walnut Creek, including the county's only trauma center, outpatient centers, and a behavioral health center. The health system also offers a full range of medical services, including primary care, lab and imaging services, and is widely recognized as a leader in many specialties—neurosciences, orthopedics, cancer, cardiovascular care, emergency care and high-risk obstetrics. For more information, visit [johnmuirhealth.com](http://johnmuirhealth.com).

## Orthopedics Services

John Muir Medical Center, Concord  
2540 East St.  
Concord, CA 94520

John Muir Medical Center, Walnut Creek  
1601 Ygnacio Valley Rd.  
Walnut Creek, CA 94598



[johnmuirhealth.com](http://johnmuirhealth.com)