

# ORTHOPEDIC HEALTH: The Moving Body Guide

What you need to know  
when your bones and joints are  
trying to tell you something.



CENTER FOR ORTHOPEDIC & SPINE HEALTH

**Robert Wood Johnson  
University Hospital  
Hamilton**

**RWJBarnabas  
HEALTH**

Let's be healthy together.

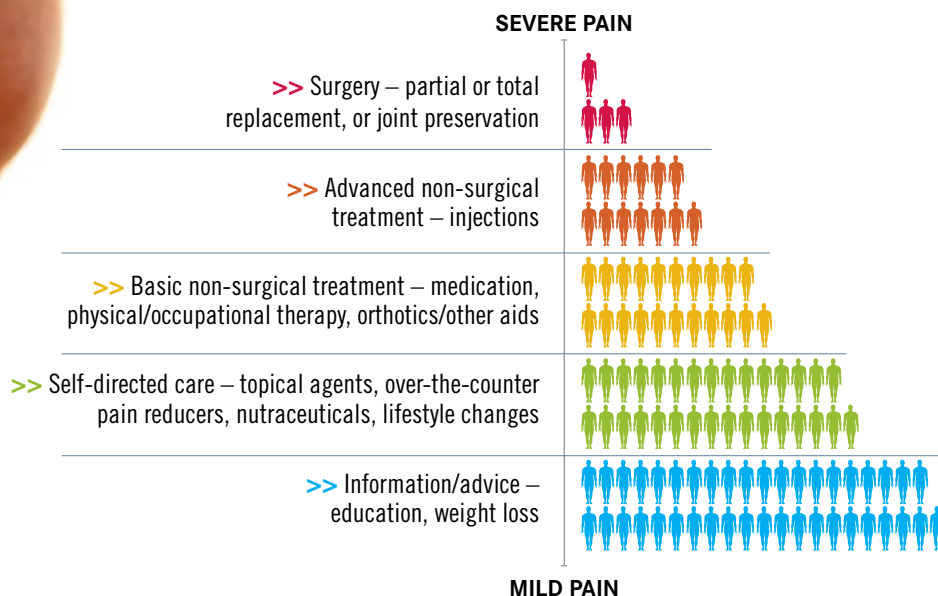


# Aching Hip & Knee Joints

If joint pain is keeping you from doing the things you love, and your daily routine has become difficult to manage, it's time to consider your options. Common causes of joint pain:

- Joint injury, including sprain, strain, fracture and dislocation
- Arthritis
- Gout
- Tendinitis
- Bursitis
- Psoriasis

With the help of board certified orthopedic physicians, you can start learning why you have pain, what you can do about it, and which course of treatment is right for you.



## Joint Replacement Surgery

More than 1 million Americans have a hip or knee replaced each year. In total joint replacement surgery, the damaged joint is removed and replaced with a new joint. The new joint (or prosthetic) is made of plastic, metal, or a combination of the two.

Partial joint replacements are minimally invasive procedures which leave much of the natural joint in tact.

## LEARN MORE

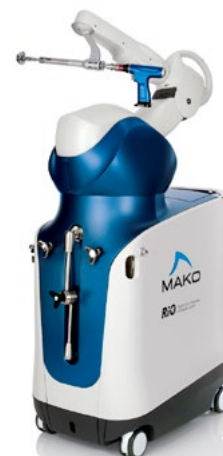
ATTEND AN ORTHOPEDIC OPEN HOUSE EVENT TO LEARN ABOUT JOINT REPLACEMENT DIRECTLY FROM ONE OF OUR HIGHLY SKILLED SURGEONS. CALL **609.584.5900** TO REGISTER.

## Robotic Arm Assisted Surgery

When it comes to joint surgery, precision is the key to maximizing mobility. MAKO® is an innovative orthopedic surgery approach available for partial knee resurfacing, total knee replacement as well as total hip replacement.

The benefits of this approach include:

- Increased accuracy in joint alignment
- Smaller incision
- Less scarring
- Minimal hospitalization



## Fight Back Against Back Pain

At some point in their lives, most people will experience back pain in the lumbar (lower), thoracic (middle) and cervical (neck) regions of the spine.

Most back pain conditions can be effectively treated through nonsurgical treatment. When spine surgery is necessary, often minimally invasive procedures are available.

Find a fellowship-trained surgeon specializing in the treatment of the spine, back and neck. In addition to a general surgery residency, these surgeons have completed advanced training in the spine subspecialty.

### Conditions Treated

- Degenerative disc disease
- Herniated disc
- Osteoarthritis
- Osteoporosis
- Sciatica
- Spinal tumors
- Spinal trauma
- Spondylolisthesis
- Stenosis

## Give Yourself A Hand

Orthopedic problems in the upper extremities include shoulder, elbow, hand and wrist pain and injury. These may include overuse injuries, arthritis or traumatic injury and can affect people of all ages.

Proper functioning of the upper extremity is necessary for many of the activities of daily living we take for granted. Writing, grabbing, driving or lifting would be severely limited were it not for the correct performance of the muscles, nerves, joints and bones of the upper extremity.

### Conditions Treated

- Arthritis
- Bursitis
- Tendinitis
- Entrapment neuropathy (overuse/repetitive stress injury)
- Sports-related injuries
- Traumatic injury

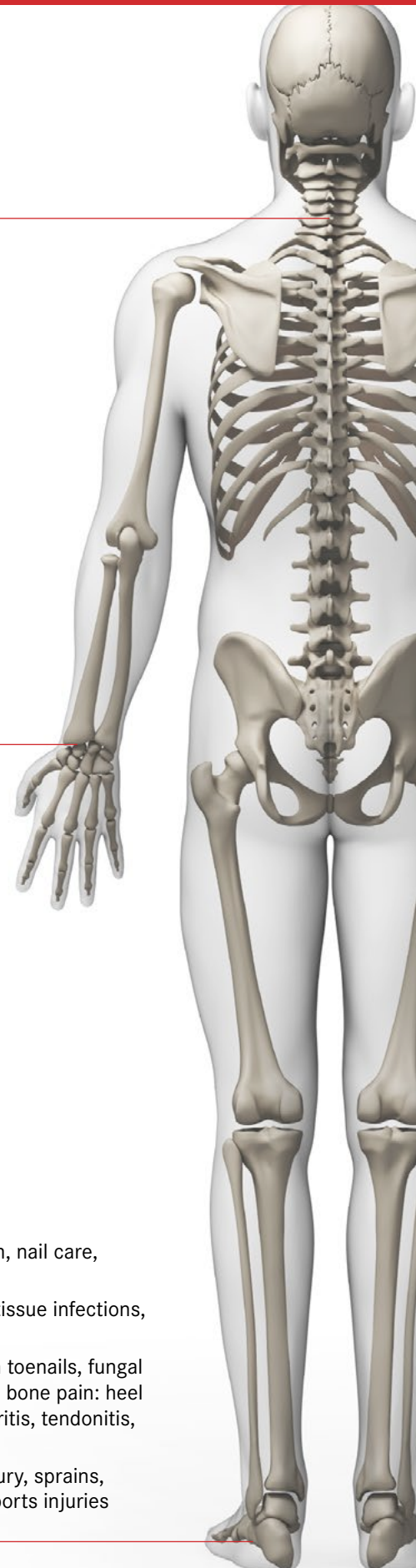
## Take The Right Steps

The feet and ankles are complex structures that have the big job of supporting our body weight. On them, we manage to stand, walk, turn, dance and run. When the foot or ankle is injured, it often requires highly specialized treatment to restore maximum function and movement.

Whether your podiatric needs are as simple as a topical cream, or as complex as ankle replacement surgery, our foot and ankle specialists are trained to treat the full spectrum of conditions.

### Conditions Treated

- Diabetic foot care: foot education, nail care, wound or ulcer care
- Foot infections: abscesses, soft tissue infections, gangrene, osteomyelitis
- Skin and nail conditions: ingrown toenails, fungal toenails, warts, joint, muscle and bone pain: heel pain, bunions, hammertoes, arthritis, tendonitis, flat feet
- Trauma: fractures, soft tissue injury, sprains, lacerations, puncture wounds, sports injuries



# About Our Program

The Center for Orthopedic & Spine Health in Hamilton, NJ, offers a full range of orthopedic care from sports medicine, to pain management and trauma services, to arthritis or degenerative joint disease.

## Types of Orthopedic Procedures

- Arthroscopy
- Spinal surgery, including minimally invasive procedures
- Foot and ankle surgery, includes ankle replacement
- Hand and wrist surgery
- Shoulder and elbow surgery, includes shoulder replacement
- Total and partial knee replacement, including robotic partial knee replacement
- Hip surgery and replacement, including anterior approach and robotic hip replacement
- Fracture fixation
- Ligament reconstruction



## Your Orthopedic Team

- Physician specialist
- Orthopedic nursing staff
- Physical therapist
- Occupational therapist
- Pharmacist
- Case manager
- Care coordinator



## Patient Education

Prior to total joint replacement or spine surgery, attend one of our patient education sessions and learn what to expect directly from members of your care team – including surgical, physical therapy, pharmacy and nutrition.



## NATIONAL CERTIFICATION

RWJ Hamilton's Center for Orthopedic & Spine Health is the only orthopedic program in the Capital Region nationally certified by the Joint Commission in hip, knee and spine surgery.

# 99%

## PATIENT SATISFACTION

RWJ Hamilton is proud to have achieved the 99th percentile in patient satisfaction.

## CONTACT US

Have questions or want to learn more about your orthopedic health today? We can help.

- Visit [RWJOrtho.com](http://RWJOrtho.com) to access video interviews with local orthopedic surgeons.
- Register for an orthopedic class or screening: 609.584.5900.
- Talk to an orthopedic coordinator with the Center for Orthopedic & Spine Health: 609.249.7879.
- Find an RWJ Hamilton orthopedic surgeon to set up a consultation: 888.MD.RWJUH.

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