



# EXCELLENCE IN JOINT REPLACEMENT

■ ■ **Jersey City Medical Center**  
■ ■ **Barnabas Health**

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*The Orthopedic Institute*

1.844.63ORTHO • [Barnabashealth.org/jcmc](http://Barnabashealth.org/jcmc)

*Joint pain can change how you see the world and dramatically impact your life. If your hip or knee pain is reducing the quality of your life, it may be time to consider a joint replacement. At The Orthopedic Institute, our goal is to get you back to being you again. Our unique approach to joint replacement is designed to get you back to your old self faster and with less pain than ever before.*

## PREPARING FOR SURGERY

Once you have made the decision to have surgery, we believe the key to a better outcome is education. Knowing what to expect each step of the way helps in reducing stress and anxiety and preparing you for as smooth a recovery as possible. Every patient in The Orthopedic Institute attends an intensive pre-surgical education program. You will receive a detailed patient guide. In the class, you will learn about joint mechanics and how they relate to your procedure. This book will explain what to do prior to surgery, what to expect during your hospital stay and how to care for yourself when you return home.

## DEDICATED PLACE, DEDICATED PEOPLE

The Orthopedic Institute is a dedicated place in the hospital for the care of orthopedic patients. This unique program brings together a multi-disciplinary team of physicians, nurses, therapists and technicians with the goal of providing seamless coordinated care to get you back to your favorite activities as soon as possible.

## DURING YOUR STAY, YOU WILL:

- ❖ Be treated by a specially-trained health care team
- ❖ Attend group physical therapy sessions twice a day with fellow patients
- ❖ Receive daily newsletters to keep you updated on activities and schedules
- ❖ Benefit from a friend or family member who is trained as your recovery “coach”
- ❖ Wear your own clothing rather than a hospital gown



## **A NEW HIP MAKES THE UPS AND DOWNS IN PAUL'S DAY EASY.**

It used to be painful for Paul Henriques to put on his shoes. Bending down to change a tire or twisting his way under the hood of a car was almost impossible. He knew it was time to find relief and he did with the advanced orthopedic care team at JCMC. His advice to anyone thinking about a joint replacement at JCMC, "You'll be happy when you get it done. It made a 360-degree difference in my life. Amazing."



## **HER NEW KNEE GAVE PATRICIA A NEW LEASE ON LIFE.**

Giving up the things she loved because of knee pain wasn't something Patricia Pungusjarit was willing to do. She has places to travel, walking to do, grandchildren to play with and a lot of life to live. Trusting her knee replacement to JCMC's advanced orthopedic team came after a lot of research. "This was a big operation for me and I didn't know what the outcome would be. It turned out so well. It makes me happy," says Patricia.

## **GOING BACK HOME**

Most participants will be leaving the hospital to go home on the third day after surgery. By that time, you will be armed with information and your family member or caregiver will be trained as your coach. You are ready to embark on your journey through rehabilitation and back to a better quality of life knowing that you have The Orthopedic Institute to support you. Your physician and The Orthopedic Institute staff are only a phone call away.

## THE ORTHOPEDIC INSTITUTE OFFERS:

- ❖ Education classes prior to your surgery that prepare you for your joint replacement and hospital stay.
- ❖ Convenient testing scheduled in conjunction with educational classes.
- ❖ A Joint Care Coordinator to work with you throughout your journey.
- ❖ Specially trained and dedicated health care team.
- ❖ Clinically proven physical and occupational therapy program to get you back to being you.
- ❖ Special training for family members to assist as coaches.
- ❖ Consistent team approach to your care.
- ❖ Comprehensive manual to guide you through your surgery and rehabilitation.
- ❖ Discharge to your home on day three for most participants.

## TRAVEL TO JERSEY CITY MEDICAL CENTER

355 Grand Street, Jersey City, NJ 07302

### By Car:

Just minutes from the New Jersey Turnpike and the Holland Tunnel.  
Our campus offers plenty of safe, well-lit parking with 24-hour security.

### By Bus:

New Jersey Transit bus lines stop just outside our doors on Grand Street or Jersey Avenue.

### By Rail:

We are conveniently located steps away from the Hudson-Bergen Light Rail. Take the Light Rail to the Jersey Avenue Station.

### By PATH:

NY/NJ PATH from Hoboken, Newark and NYC.



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