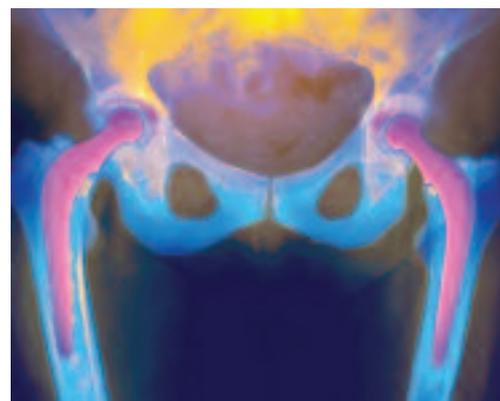
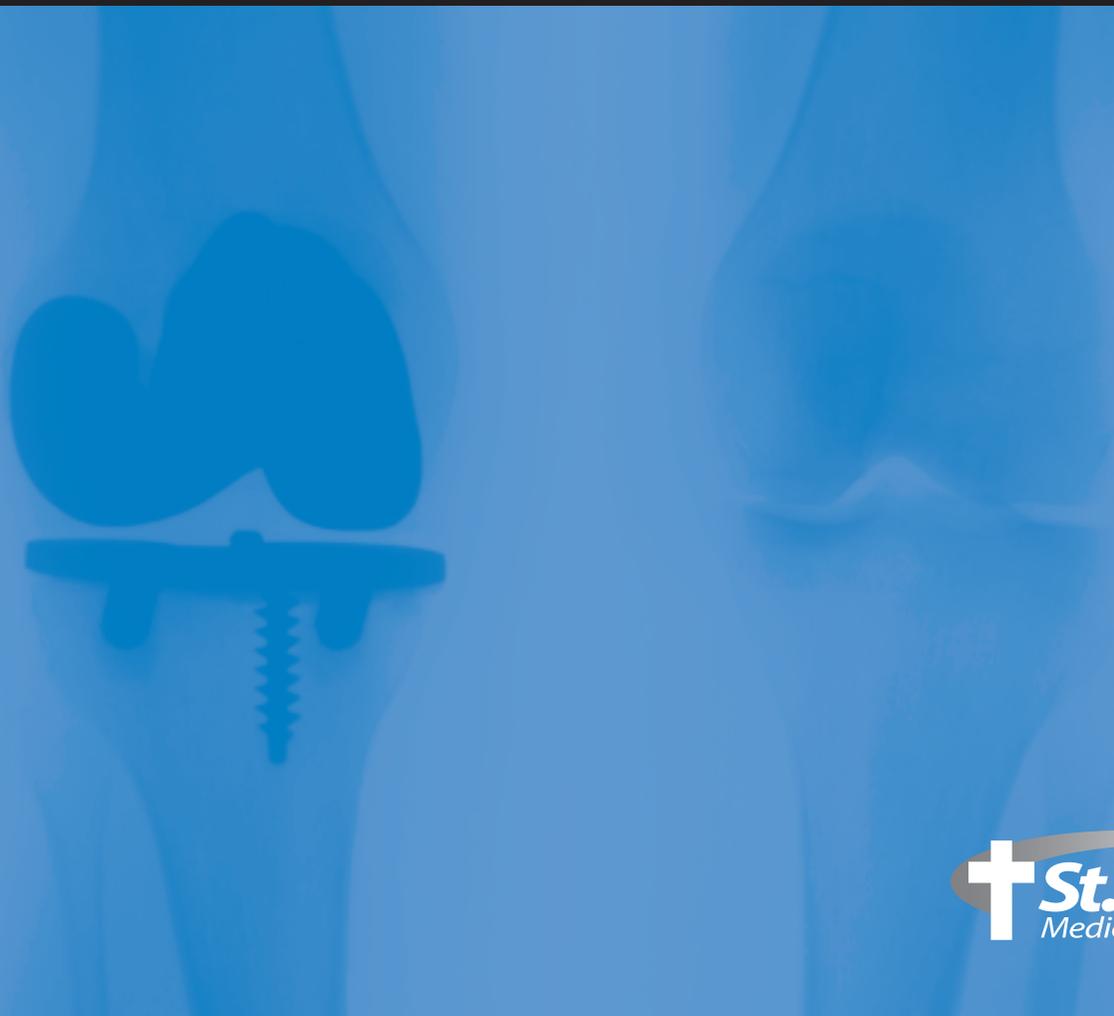


The St. Mary Orthopedic Center



A GUIDE FOR REFERRING PHYSICIANS





Comprehensive, State-of-the-art and Convenient

St. Mary Medical Center offers advanced orthopedic care in a convenient setting. The facility has positioned itself at the vanguard of treatments, techniques, and technology across its orthopedic, sports medicine, pain management and trauma services. Our medical professionals have attained the highest levels of credentials, specialty training and experience.

Comprehensiveness and convenience are key elements in the Center's approach. We provide a full continuum of care — diagnostics, surgery, therapy, education, prevention, wellness and fitness — in a single setting. In addition, we continue to develop innovative programs involving wellness, fitness, physical and occupational therapies, and holistic healing.

The Team

St. Mary offers its community advanced orthopedic care by staying at the vanguard of treatments, techniques and technology. Our specially trained physicians, nurses, and physical and occupational therapists have the highest levels of orthopedic credentials, specialty training and experience. They collaborate to get patients back on their feet as soon as possible.

The Orthopedic Center is staffed by physicians, case managers, pharmacists, social workers, chaplains, physical therapists, occupational therapists, psychologists, nurses and clinical support.

The Trauma Center's specially trained clinical personnel respond promptly to trauma alerts. Support staff includes trauma surgeons, emergency care physicians, anesthesiologists, specially trained nursing personnel, operating room teams, resuscitation teams, radiologists and family-support service specialists.

Fellowship Trained Orthopedic Surgeons

Our orthopedists have completed fellowships at the finest medical centers in the country. They bring a wide range of subspecialty learning and experience to St. Mary in such areas as orthopedic research, metabolic bone disease, hand and microsurgery, total joint replacement, arthroscopy, sports medicine, spinal surgery and pediatric orthopedics.

State-of-the-art Surgical Suites

In our ongoing effort to provide the latest medical technology and services, St. Mary has expanded the Orthopedic Center with the addition of two new surgical suites. Each suite is specially equipped to handle minimally invasive procedures, total and partial joint replacement, sports injuries, spine and back surgery, hand surgery, trauma and other sophisticated orthopedic procedures.



Dedicated Orthopedic Nursing Unit

The dedicated orthopedic nursing unit is designed to help orthopedic patients quickly get back on their feet and mobile after surgery. Nurses collaborate with physicians and therapists to ensure the highest level of care.

The outstanding features of the facility include:

- Specially trained and certified nursing and support staff that meet the unique needs of orthopedic patients and facilitate healing and recovery
- On-site gym specially equipped to enable physical and occupational therapists to help patients perform exercises that speed the healing process
- Dedicated physical and occupational therapists

Orthopedic Services

Nationally Certified Joint Replacement Program

The St. Mary Joint Replacement Program is one of just 17 nationally-certified orthopedic programs in the United States, and the first and only in Pennsylvania, to be awarded the Gold Seal of Approval from the Joint Commission. The Disease-Specific Care (DSC) Certification was awarded to St. Mary upon demonstrating that our joint replacement program meets or exceeds national standards and guidelines that can significantly improve outcomes for joint replacement patients. This new certification correlates with St. Mary's growing popularity as the area's most preferred orthopedic care provider.

Our joint replacement services include total hip and knee joint replacement surgery as well as unicondylar and less invasive techniques. Employing cutting-edge technology, specially trained physicians, nurses and therapists collaborate to get patients back on their feet as soon as possible.

Comprehensive care includes:

- Use of latest joint implants and devices
- Computer-assisted procedures
- Dedicated operating room staff
- Daily targeted outcomes
- Specially trained outcomes managers
- Discharge planner
- Physical and occupational therapy
- Pain management

This results in low complication rates and less time spent in the hospital.

Care Pathway

Comprehensive-care elements are incorporated into the Care Pathway concept, the key differentiator that sets our orthopedic center apart.

We established this approach with the belief that success involves not only treatment, but also depends on what happens before and after procedures. It is designed to ensure total care before, during and after surgery, as well as to give patients increased peace of mind before treatments.

Pathway elements include:

- Optional free seminars on hip or knee pain
- Presurgical planning that includes education on what patients can expect
- Pre-operation orientation
- Top specialists experienced in the latest advances, for necessary surgery
- New inpatient unit with therapy located on the unit
- Individual case evaluation and coordinated discharge planning
- Home care treatment and equipment
- Outpatient physical therapies
- Wellness center with programs designed to keep joints flexible
- Holistic center with innovative therapies



Sports Medicine

St. Mary provides a full continuum of sports medicine services, including prevention, diagnosis and rehabilitation. Sports medicine services are individualized and specific for a highly inclusive range of patients: high school and collegiate athletes, business professionals and senior citizens.

Orthopedic surgeons specialize in arthroscopy, the advanced surgical procedure that enables physicians to visualize, diagnose and treat problems inside a joint.

Services

- Specialized and advanced surgical procedures, such as arthroscopy, rotator cuff surgery and minimally invasive knee procedures, performed by top surgeons
- Enhanced rehabilitation and recovery programs
- Physical therapy and sports trainers who design individualized exercise plans
- Sports trainer outreach program
- Weight loss, fitness, improved athletic performance

Hand Surgery

St. Mary specializes in carpal tunnel surgery, reconstructive hand and wrist surgery, tendon surgery and comprehensive occupational therapy.

Spine and Neck Services

The orthopedic services offer:

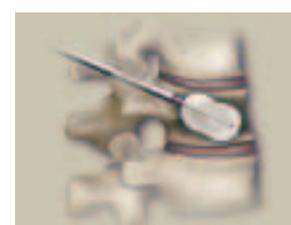
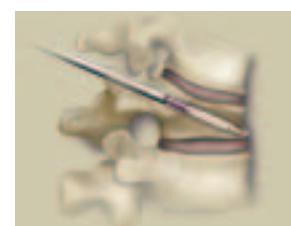
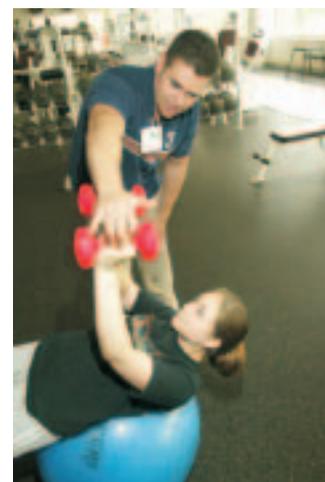
- State-of-the-art spine procedures, including kyphoplasty
- Minimally invasive cervical spine and neck procedures

Kyphoplasty

Kyphoplasty, a minimally invasive spinal surgery procedure used to treat painful, progressive vertebral body collapse/fracture (VCFs), is especially helpful for osteoporotic patients. The innovative technique combines vertebroplasty with balloon catheter technology. Insertion of an inflatable bone tamp, under imaging guidance, restores the vertebral body to its original height. Bone cement is used to fill vertebral cavities, strengthening and stabilizing the spine.

The technique provides a range of benefits:

- Fracture pain is reduced or eliminated
- Restores the vertebral body to original height and shape
- Prevents further vertebral collapse
- Can be performed under intravenous sedation with local anesthetic or under general anesthetic
- Little or no physical therapy is required
- Patients can almost immediately return to their former lifestyles



St. Mary Medical Center: A Comprehensive Approach

St. Mary Medical Center provides a full continuum of care — surgery, rehabilitation, education, prevention, wellness and fitness — in a single setting via a range of resources.

Advanced Diagnostic Technology

Patient care is greatly enhanced by advanced diagnostic imaging technology, including:

- **MRI** – Advanced magnetic resonance imaging (MRI) technology includes a GE 1.5 High Field Strength MRI for ultra-sharp diagnostic images and a Hitachi Airis II open MRI that provides complete patient access and optimum patient comfort. Open on all sides, the Airis II features a quiet magnet that produces superior image quality. Same-day appointments are available with insurance pre-certification.
- **CAT Scanners** – At St. Mary Medical Center, CT technology functions as a vital diagnostic tool. The CT Helical scanner reduces exam time and radiation exposure, and it produces more refined images than standard CT, providing more accurate detection for better diagnosis.
- **Digital X-ray Technology** – Digital X-ray technology (GE Revolution XR/d system) is housed in the Emergency Department's dedicated state-of-the-art radiology room. Digital technology provides ultra-fast digital images.

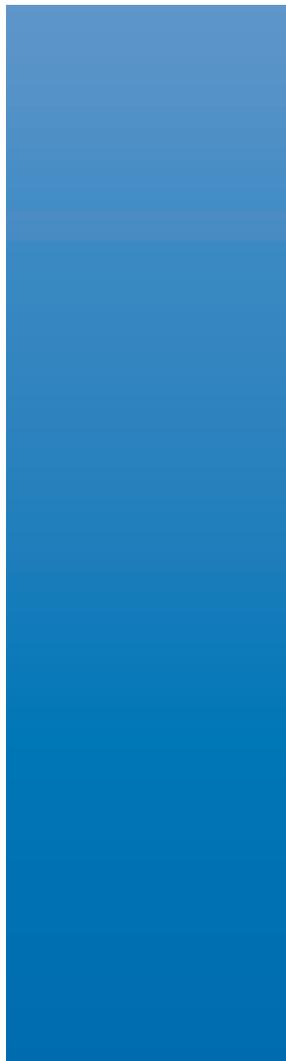
Pain Management

Recognizing that pain is an often under-treated condition, St. Mary Medical Center, through its Pain Management Center, is dedicated to alleviating patients' chronic or acute pain by employing an interdisciplinary approach that includes:

- State-of-the-art pain control technology
- Highest clinical standards in anesthesia intervention and drug therapy
- Psychological, emotional and spiritual support

Specific techniques include:

- Nerve blocks and epidurals
- Acupuncture, massage and Reiki
- Relaxation techniques
- Patient and family support groups



Physical & Occupational Therapy Programs

Our full-service inpatient and outpatient physical and occupational programs are designed to improve patients' ability to perform daily activities.

Physical Therapy

Staff works closely with patients, families and other healthcare professionals to establish appropriate goals and treatment plans. Physical therapists assist recovery by helping patients:

- Increase strength or motion
- Relieve pain
- Regain use of an affected limb
- Improve balance and gait
- Return to performing their daily activities

The comprehensive treatment plan includes:

- Patient education
- Stretching and strengthening activities
- Endurance and balance training
- Use of assistive devices
- Moist heat
- Ultrasound
- Electric stimulation
- Cryotherapy
- Wound care, traction or massage

Program goals include:

- Extending treatment from the inpatient setting to the outpatient, as our staff teaches patients and families methods and techniques to continue recovery at home
- Developing goals and comprehensive treatment plans based on a patient's initial evaluation
- Promoting the importance of fitness and training to prevent injuries from occurring in the future

Occupational Therapy

Occupational therapists (OTs) and certified occupational therapist assistants (COTAs) strive to return patients to a high level of independence by assessing:

- The upper extremity (for strength, range of motion, coordination and sensation)
- Transfers
- Sitting balance
- Safety
- Activities of daily living, including bathroom and self-care equipment needs and homemaking skills



At St. Mary Medical Center, OTs and COTAs work with a variety of diagnoses, including:

- Multiple trauma
- Upper and lower extremity fractures
- Post-surgical cases
- Elective total hip and total knee replacements

Innovative Wellness and Recovery Programs

St. Mary Medical Center staff and facilities enable the institution to provide a range of innovative programs. Each of these programs embraces a holistic approach designed to foster enhanced overall fitness and spiritual and emotional well-being.

Wellness, Fitness and Sports Care Center

This complete, on-site facility offers certified trainers and weight and cardio training equipment that provide preventive, diagnostic and continued rehabilitation services.

Facility benefits include:

- Educated and experienced staff of instructors
- Initial evaluations
- Individualized fitness programs
- Weight management routines
- “Step Down” programs that employ cutting-edge principles designed to transition patients into active and healthy lifestyles as they near the end of their rehabilitations

Physical Therapy Step-Down Program – This comprehensive fitness continuum provides a seamless transition out of the physical therapy environment, taking individuals from patient status to independence. It is designed for patients who wish to further their recovery with a personal fitness program. Through working relationships among physical therapy staff, qualified fitness personnel and patients, it provides special attention and consideration based on a patient’s established rehabilitation needs and fitness goals for the future.



Holistic and Complementary Medicine Program

Our Holistic and Complementary Medicine Program is the area's first hospital-based, outpatient support network dedicated to promoting medically directed body-mind-spirit care incorporating exercise, nutrition and bodywork to manage health and lifestyle. This approach has proven beneficial in relieving pain, easing stress, and maintaining health and vitality for many patients with orthopedic conditions.

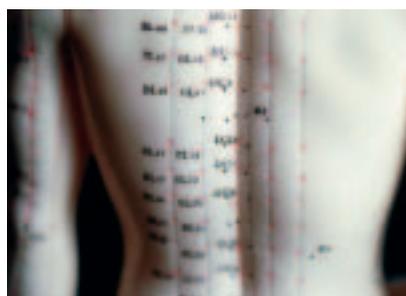
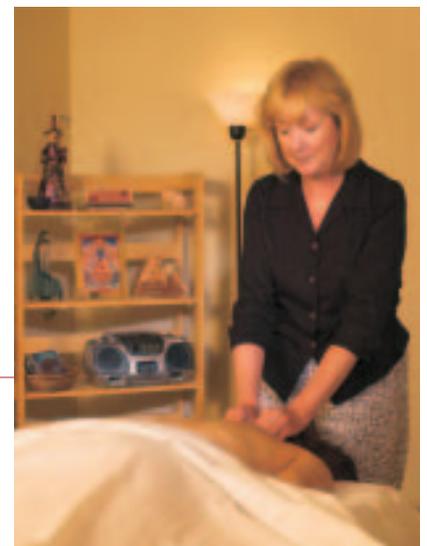
Holistic Medicine

The Holistic Medicine program incorporates exercise, nutrition, bodywork and mind-body approaches to manage health and lifestyle. The system offers:

- Deep breathing techniques for stress and pain relief
- Clinical Hypnosis
- Reflexology
- Reiki Therapy
- Tai Chi and Yoga
- Therapeutic Massage
- CranioSacral Therapy
- Shiatsu
- Preparing for Surgery Classes
- Guided Imagery
- Counseling Services
- Intensive Stress Reduction Program
- Meditation Classes

Fracture Care

- Full-service emergency department and orthopedic area
- Orthopedic care on call 24/7
- Durable medical equipment for home care



Orthopedic Care— When the Situation is Critical

When certain orthopedic patients require a more intensive level of care, St. Mary's Trauma Center places them on the comprehensive road to recovery.

Some patients suffer musculoskeletal-system injuries that require immediate and critical injury management. Often, injuries can even be life threatening. Our trauma program provides such patients with the starting point to our full continuum of care (surgery, rehabilitation, education, prevention, wellness and fitness).

Trauma Center

The Trauma Center is fully equipped to fill the critical needs of emergency patients. Located in the Outpatient Care Facility, the Center:

- Coordinates multiple aspects of treatment and follow-up care
- Provides 24/7 availability
- Is fully staffed by a team of certified specialists
- Is the only hospital in Bucks County that meets the stringent accreditation requirements of the Pennsylvania Trauma Systems Foundation (PTSF)

Level II Designation

The Center is a Level II trauma center and meets requirements for that designation, including:

- In-house emergency medicine and anesthesia capability
- On-call specialists that immediately respond to trauma alert for surgical procedures
- Extensive equipment requirements
- Specific clinical qualifications and trauma-specific continuing medical education requirements for physicians and other medical staff
- Operating room and staff availability 24/7
- Specific quality improvement monitoring of trauma patient care and continual monitoring of trauma care protocols and policies

The Technology

Working closely with the Bucks County Emergency Medical Services, the Center is fully equipped and staffed to care for immediate needs in critical situations. The cutting-edge technology offered by the Trauma Center includes:

- Two state-of-the-art trauma bays
- Air-vent system that provides a sterile operating-room environment
- Helicopter landing pads available on campus for the transport of critical patients
- Blood bank certified by the American Association of Blood Banks and staffed by a Blood Transfusion Team

