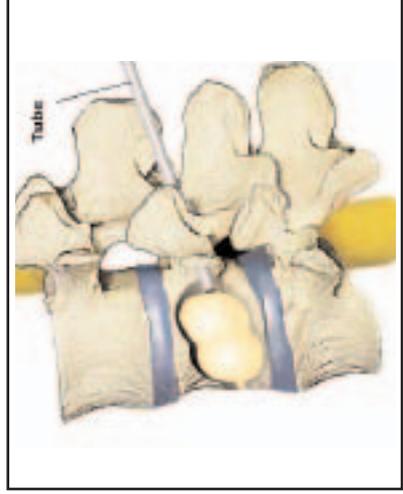


The St. Mary Orthopaedic Center



A GUIDE FOR REFERRING PHYSICIANS



St. Mary Medical Center, located in Langhorne, Pennsylvania, provides orthopedic services comprised of the latest technology and surgical techniques and most innovative rehabilitation and therapy techniques. Our three areas of orthopedic excellence are joints, spine and sports medicine.

Joint Replacement Services

Our joint replacement services focus on total hip and knee joint replacement surgery.

Comprehensive care includes:

- Use of latest joint devices
- General or regional anesthesia
- Computer-assisted procedures
- Daily targeted outcomes
- Specially trained outcomes managers
- Physical and occupational therapy
- Pain-management

As a result, length-of-stay and complication rates are greatly reduced.

Care Pathway

Noteworthy elements of the Center's approach are comprehensiveness and convenience that provides a full continuum of care—surgery, rehabilitation, education, prevention, wellness, and fitness—in a single setting. These comprehensive-care elements are bundled into the concept of Care Pathway, the key differentiator that sets the orthopedic unit apart from units at other medical facilities.

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 rehabilitation located on the unit
- Individual case evaluation and coordinated discharge planning
- Home care treatment and equipment
- Outpatient physical therapy for patients needing outpatient home care
- Fitness center with innovative therapies
- Wellness center with programs designed to keep joints flexible



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Spine and Neck Services

The orthopedic unit offers:

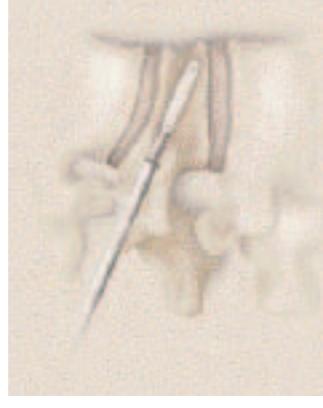
- State of the art spine procedures including kyphoplasty
- Minimally Invasive cervical spine and neck procedures

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



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Sports Medicine Services

St. Mary provides sports medicine in its Wellness, Fitness, Sports Care Center, a comprehensive facility offering preventive, diagnostic, and rehabilitation services.

Services

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

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.

Trauma Center

This 21-bed unit fully equipped to provide all types of immediate care. Located in the Outpatient Care Facility, the Center:

- Coordinates multiple aspects of treatment and follow-up care
- Provides 24/7 availability
- If fully staffed by a team of certified specialists
- Meets the stringent accreditation requirements of the Pennsylvania Trauma Systems Foundations (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

The Trauma Center offers:

- Negative-pressure air-vent system that provides a sterile operating-room environment.
- Helicopter landing pads for the transport of critical patients are available on campus.
- Two state-of-the-art trauma bays with overhead x-ray for immediate diagnostic service
- Hemodialysis unit
- Blood bank certified by the American Association of Blood Banks and staffed by a Blood Transfusion Team



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Advanced Diagnostic Technology

The Center's patient care is greatly enhanced by advanced diagnostic imaging technology. Cutting-edge technology includes:

- **Cat Scanners** – At St. Mary Medical Center, CT technology functions as a vital diagnostic tool in the development of such service lines as trauma and emergency care, cardiology, oncology, internal and orthopedic medicine. 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.
- **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.
- **Digital X-ray Technology** – The Center recently implemented digital x-ray technology (GE Revolution XR/d system) housed in the Emergency Department's new, dedicated state-of-the-art radiology room. Digital technology allows faster turnaround times by providing ultra-fast image displays and increased capability to treat higher patient volume.



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Pain Management, Wellness/Fitness, Physical and Occupational Therapies

Augmenting St. Mary's comprehensive care are its Pain Management and Wellness/Fitness centers and its physical and occupational therapies.

Pain Management Center

The 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:

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

Wellness, Fitness and Sports Care Center

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

The Center is led by Greg Mackrides, who has served as head strengthening and conditioning coach and special teams assistant coach for the New York Jets, as strength and conditioning coach for U.S. Olympic athletes, and as strength and conditioning coach for New York Knicks and colleges such as Villanova and Fairfield.

Facility benefits include:

- Educated and experienced staff of instructors
- Initial evaluations
- Individualized fitness programs
- Exercise programs for cancer, asthmatic, osteoporosis, and diabetic patients
- Holistic therapies (massage, reflexology, hypnotherapy)
- 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 & Occupational Therapy Programs

Our full-service inpatient and outpatient physical and occupational programs are designed to improve patient's ability to perform daily activities with temporary or permanent disabilities.

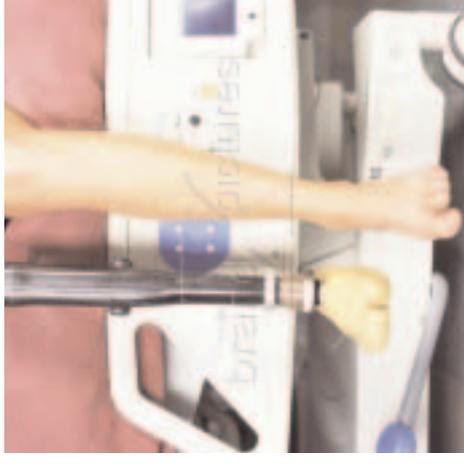
Physical Therapy

The Physical Therapy Department assists patients with functional limitations resulting from an injury or disease. 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 training
- Balance training
- Use of assistive devices
- Moist heat
- Ultrasound
- Electric stimulation
- Cryotherapy
- Wound care, traction, or massage



Occupational Therapy

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

- Areas of cognition
- The upper extremity (for strength, range of motion, coordination, and sensation)
- Transfers
- Sitting balance
- Safety
- Homemaking skills
- Bathroom and self-care equipment needs
- Activities of daily living

At St. Mary Medical Center, OT's and COTA's work with a variety of diagnoses including:

- CVA
- Open heart surgery
- Amputations
- Multiple trauma
- Cancer
- Upper and lower extremity fractures
- Heart attack
- Post-surgical cases
- Multiple sclerosis
- Congestive heart failure
- Head injury
- Elective total hip and total knee replacements

Holistic Medicine, Fracture Care, Outpatient Services

Orthopedic care is further augmented by a Holistic and Complimentary Medicine Program, fracture care, and outpatient services.

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
- Hypnotherapy
- Introduction to Reflexology
- Reiki
- Beginner and Advanced Qi Gong, Tai Chi and Yoga
- Therapeutic massage
- CranioSacral therapy



Outpatient Care Facility

The Outpatient Care Facility provides a range of services including:

- Radiologic imaging (X-rays, CAT scans, MRI, Mammography)
- Rehabilitation (Cardiac and pulmonary)
- Outpatient Surgery
- Diabetes Center
- Pain management, Wellness
- Occupational Health
- Social Services

Fracture Care

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

The Team

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

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



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

Dedicated Nursing Unit

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