

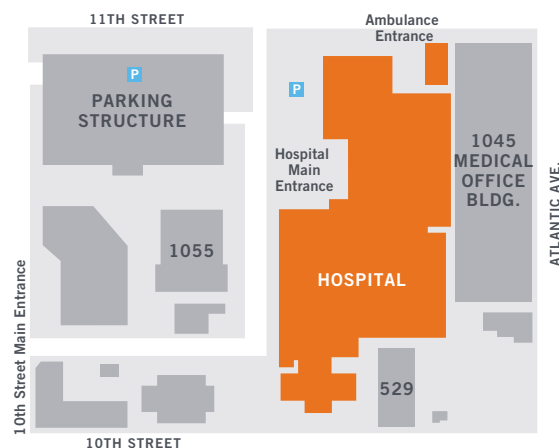
Other orthopedic services available at Dignity Health – St. Mary Medical Center

Our orthopedic physicians treat a wide variety of diseases and injuries of the bones, joints, ligaments, tendons, muscles and nerves, including:

- Arthritis
- General joint pain
- Spine conditions
- Carpal tunnel syndrome
- Repetitive motion injuries
- Sports injuries



Joint Replacement Center
1050 Linden Avenue
Long Beach, CA 90813
562.491.9000
dignityhealth.org/stmarymedical



The Joint Replacement Center is located on the 6th floor of the hospital.

Orthopedic Services



Joint Replacement Center



The Joint Replacement Center at Dignity Health – St. Mary Medical Center

- Designed to help improve a patient's mobility, independence and quality of life
- Skilled joint replacement specialists who will work with you on every detail of your care:
 - pre-surgery class
 - day of surgery
 - during your hospital stay
 - discharge
 - post-operative and follow-up care
- All St. Mary Medical Center inpatients, including those undergoing joint replacement, enjoy private rooms

Your joint replacement team

Orthopedic surgeon – Performs the operation to remove and replace your damaged or injured joint.

Anesthesiologist – Keeps you sedated and comfortable during your operation. Your anesthesiologist will meet with you on the day of surgery to discuss your anesthesia options.

Nurse practitioners and registered nurses – The team that will provide most of your bedside treatment and care, including ensuring that your doctor's orders are carried out properly, checking vital signs and administering medications.

Physical therapist – Guides you through your post-surgery exercise programs to increase your strength and flexibility.

Occupational therapist – Helps you adapt to the tasks of daily living, such as cooking, bathing and getting dressed. Your OT will also make recommendations on devices that may help you, such as a sock puller or a raised toilet seat.

Joint care coordinator – Guides you through your individual treatment program, through discharge.

Because **YOU** play a very important role in your own positive and rapid recovery, your joint replacement team will keep you involved in your treatment every step of the way.

How you can benefit from joint replacement

More than one million Americans have joint replacement surgery every year, helping individuals return to a full and active lifestyle.

Are you looking for:

- Relief from pain and discomfort
- Improved strength and flexibility
- Increased mobility
- Improved quality of life

You may be a candidate for joint replacement surgery.

