

Total Joint Center

St. Mary's Medical Center has earned its reputation for delivering high-quality, personalized health care. In the early 1970's, we became one of the first Bay Area hospitals to provide total joint replacement surgery and we were the first hospital in California to perform a total hip replacement.

Today, St. Mary's is performing new and innovative techniques, like the minimally-invasive anterior approach hip surgery. Our orthopedic surgeons are fellowship-trained total hip, knee, shoulder, ankle and elbow specialists with over 100 years of combined experience. With over 10,000 total joint replacements in over 30 years, our expertise is unsurpassed in both primary and more complicated replacement surgeries.

St. Mary's Orthopedic Services

The St. Mary's Total Joint Center is part of our Orthopedic Services Department, which offers a wide range of services, including spine surgery, total joint replacement, orthopedic surgery, pain management and podiatry. St. Mary's is the orthopedic leader in San Francisco, and our team of surgeons, physical and occupational therapists and nurses are all highly trained to help you start feeling better as soon as possible.

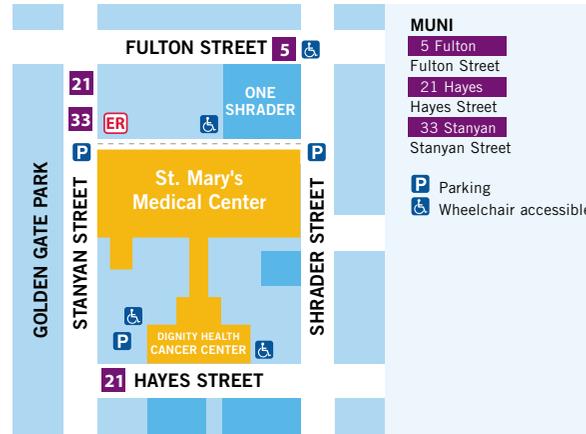
St. Mary's Total Joint Center

Phone: (800) 444-2303

Web: stmarysmedicalcenter.org

Parking:

Patients can park in the visitor's parking garage, located adjacent to 1 Shrader Street. Entrances are located on Shrader and Stanyan Streets.



Via Golden Gate Bridge (101 South)

Take 101 South through Marin County to the Golden Gate Bridge. Stay in the right lane so that you can exit right towards 19th Avenue immediately after the tollbooth. Pass through the MacArthur Tunnel and proceed along Park Presidio Boulevard to Cabrillo. Turn right, then left onto 15th Avenue. Turn left again on Fulton Street. Go up Fulton Street to Shrader Street; turn right on Shrader and take the first right to enter the hospital parking garage.

Via Bay Bridge (I-80 West)

Take I-80 to San Francisco over the Bay Bridge from Oakland. After you cross the bridge, look for the Golden Gate Bridge, 101 North exit. After the interchange, go to the extreme left lane, and exit to Fell Street, heading west toward Golden Gate Park. Proceed down Fell Street until you pass Shrader Street. At the next block, turn right onto Stanyan Street at Golden Gate Park, and right again at 450 Stanyan to enter the hospital parking garage.



A Dignity Health Member

St. Mary's Total Joint Center

1 Shrader Street
San Francisco, CA 94117
(800) 444-2303
www.stmarysmedicalcenter.org



**St. Mary's
Medical Center.**

A Dignity Health Member

stmarysmedicalcenter.org

Total Joint Center

ANTERIOR APPROACH SURGERY

*A minimally-invasive, less painful
alternative to traditional hip
replacement surgery.*





DR. WILLIAM MCGANN
*Chairman,
St. Mary's Department
of Orthopedic Services*

Dr. William McGann is the chairman of St. Mary's Department of Orthopedic Services, and he is the founder of the hospital's Total Joint Center. He specializes in the treatment of degenerative joint disease of the hip and knee.

Dr. McGann earned his medical degree from the New York Medical College before training at the UC Irvine Medical Center and through the San Francisco Orthopedic Residency Program, based at St. Mary's. He completed his fellowship in adult hip reconstruction at Massachusetts General Hospital in Boston.

His special interests include total hip and knee replacement and revision, as well as partial knee replacement surgery.



DR. JENNIFER VAN WARMERDAM
*Medical Director,
St. Mary's Total Joint Center*

Dr. Jennifer van Warmerdam has a rich, positive history with St. Mary's Medical Center. She currently serves as the medical director of the St. Mary's Total Joint Center.

Dr. van Warmerdam completed her residency at St. Mary's as part of the San Francisco Orthopedic Residency Program. Following that, she completed a one-year adult reconstructive fellowship at Massachusetts General Hospital in Boston.

She has been performing total hip and knee replacement surgeries at St. Mary's since September 2010, and remains very active in resident education as well as orthopedic research. Dr. van Warmerdam received her doctor of medicine degree from the Creighton University School of Medicine.

What is the Anterior Approach?

The anterior approach to hip replacement is an alternative to traditional total hip replacement surgery. The technique offers less post-operative pain, a more rapid recovery and improved mobility.

The anterior approach differs from traditional hip replacement surgery in that the surgeon uses one small incision on the front (anterior) of the hip, rather than the side or back. The procedure is less invasive and requires less tissue disruption than traditional hip replacement surgery.

Advantages of the Anterior Approach

During an anterior approach procedure, the surgeon works between muscles instead of detaching them from the hip or thigh bones, which is common in more traditional hip replacement surgeries. Keeping tissues and muscles intact reduces surgical trauma, accelerates initial recovery and may prevent dislocations.

An additional advantage of this technique is the potential for fewer restrictions following surgery. While each patient responds differently, the anterior approach seeks to help patients more freely bend their hip and bear their full weight soon after surgery. And because the technique allows for one relatively small incision on the front of the leg, you may be spared from the pain of sitting on scar tissue.

Hospital Stay

Patients who undergo anterior approach surgery for hip replacement should expect to stay in the hospital from one to three days following their procedure.

During the post-operative stay, the St. Mary's Total Joint Center team will work toward achieving a rapid recovery. This will include support from physical therapists and occupational therapists, who will supervise an individualized rehabilitation program.

The typical recovery period for anterior approach surgery is two to three months.

Pre-Surgical Meeting

Before a joint replacement procedure, all patients are strongly encouraged to attend a special class designed to prepare them for their upcoming surgery. This two-hour class is held at St. Mary's and provides important information on the following:

- What to expect before, during and after joint replacement surgery.
- The roles of physical therapists, occupational therapists and nurses in your recovery.
- Pain management.
- Important exercises and the assistive devices needed during recovery.

Patients are welcome to attend with one family member or caregiver. The classes typically occur on Wednesdays in the Conference Room on the third floor of St. Mary's Medical Center.

To confirm a date and time for a class, or to register, please call (415) 750-5854.

Resuming Activities

Many patients who undergo the anterior approach return to normal activities within a few weeks following surgery, and low-impact activities such as walking and swimming are possible within three weeks.

It's important to follow the surgeon's directions throughout the rehabilitation process. Keep in mind that recovery from traditional hip replacement surgery can take up to six months, but just two to three months for the anterior approach.