

No Bones About It

A Quarterly Patient Newsletter from Orthopaedic Surgery Associates of Marquette, P.C.

Total Joint Replacement Program

The First of its kind in the U.P.

We are pleased to announce the start of the Total Joint Replacement Program which is the first of its kind in the Upper Peninsula. In partnership with Marquette General Hospital, we have launched this breakthrough program which caters to hip, knee and shoulder replacement patients. In fact, the comprehensive nature of the program is so unique, patients would have to travel to a large urban center to find a similar program. Patients will experience seamless care and clear communication from expert clinicians throughout the entire process.

Patients and their caregivers will take part in a pre-surgery education class where representatives from the Total Joint Replacement Team will walk participants through each step of the joint replacement process. Facilitated by the Program Coordinator, presentations will cover anesthesia, surgery, pain management, physical therapy, home health and nutrition.

As a supplement to the class, participants will receive educational information in a binder format to consult should they or their family members want additional information. We are pleased to offer these educational sessions as research has shown joint replacement patients have better outcomes if they participate in pre-operative education. Classes will be held weekly at Marquette General Hospital.

Surgery typically takes place within two weeks following completion of the education class, with most patients recovering in the comfort of a private room. While our expert surgeons will be using standard protocols for each type of joint replacement surgery, each treatment plan will be tailored to the individual patient.

Please call us at 906-225-1321 with any questions you may have about our exciting new Total Joint Replacement Program. We look forward to caring for you and your family.

PROVIDER STAFF

Kenneth A. Davenport, M.D.

General Orthopaedics

Matthew N. Songer, M.D.

Spine

Wallace G. Pearson II, M.D.

General Orthopaedics

Robert H. Blotter, M.D.

Trauma & General Orthopaedics

Matthew B. Colligan, D.O.

Total Joints

Nathan S. Taylor, M.D.

Hand Surgery

Jason D. Doppelt, M.D.

Shoulder & Elbow

Zachary C. Leonard, M.D.

Foot & Ankle

J. Bryan Dixon, M.D.

Family Practice/Sports Medicine

MGHS-Employed

Robert Rutkowski, PA-C

Physician Assistant

Brian R. Weatherdon, PA-C

Physician Assistant

Victoria N. Asmus, PA-C

Physician Assistant

Sandra Pritchett, FNP-C

Nurse Practitioner

Carrie E. Iskra, PA-C

Physician Assistant

MGHS-Employed

Diane J. Reetz, PT

Physical Therapist/Manager

Cathy A. Ruprecht, PT

Physical Therapist

Joe Lewis, PTA

Physical Therapy Assistant

For Appointments Call:

906-225-1321

800-462-6367

*Conveniently located in Suite 190
of the Upper Peninsula Medical
Center 1414 W. Fair Avenue
Marquette MI 49855*

Physical Therapy Education for Total Joints Replacement Patients

Clinical research has found that total joint replacement patients have better outcomes when they receive comprehensive education prior to having surgery. As part of our Total Joint Replacement Program, we provide pre-operative physical therapy education to ensure patients receive the information they need. When patients find out they need joint replacement surgery, they often have many rehabilitation-related questions and concerns about what the recovery process will be like--how long it will take to recover, how much help they will need at home, what kinds of equipment they will need, and what they will have to do following surgery.

The pre-operative physical therapy appointment covers these questions and concerns as well as other helpful hints to aid in the recovery process. Topics covered include:

- *Blood clot prevention*
- *Signs and symptoms of a blood clot*
- *Weight-bearing status*
- *Gait training on level ground and stairs*
- *How to adjust assistive devices to correct height*
- *Range of motion (ROM) expectations*
- *Swelling control*
- *Common mistakes during recuperation*
- *Joint and exercise precautions*
- *Pre and immediate post-op exercises*
- *Fall prevention*
- *Equipment considerations*
- *Progression to treatment*
- *Pain control*
- *Wound care/ Bathing considerations*
- *Pre-surgery ROM, strength and gait measurements*

This appointment will be scheduled prior to surgery. For your convenience, we make every effort to schedule this appointment the same day as your pre-operative history and physical appointment.

Miss a Past Issue? Find it at Our Website

You can access and download past issues of ***No Bones About It*** at our website at www.UpBoneDoctors.com

Just click on the *Patient Newsletter* link on the Homepage

(Adobe Acrobat™ software required)

Business Corner **CareTracker™—Our New Practice Management System**

In our last edition, we announced the implementation of our new SRS Soft Electronic Health Record (EHR). We have now moved forward with implementing our new practice management system known as CareTracker. CareTracker helps us manage all of our appointment scheduling and patient accounts. New features include an improved appointment reminder system which notifies patients via phone of their upcoming appointments.

Patients should also be aware that since we are transitioning from one PM system to another, some account balances are still separated between the old and new systems. This means patients may receive two separate statements with two different amounts due for payment. Both statement amounts are valid and should be paid. We hope to have all account balances transferred into the new system by March 1, 2012. We apologize for any inconvenience this may cause in the meantime. Please call 906-225-1321 and press #5 for our billing department if you have any questions regarding your statement or account balances.