Rebuilding your INDEPENDENCE

The Joint Center

Shady Grove Adventist Hospital
This is your hospital.
Every year, thousands of Americans suffer from severe pain in their hips and knees. This debilitating condition comes from wear and arthritis-related damage to cartilage, the protective layer of tissue that covers the bones in the joint. Over time, even the simplest tasks — bending, lifting, getting up from a chair and taking an evening stroll — become a strain.

Fortunately, there’s hope. Advances in medical technology now make it possible for doctors to replace joints using safe and effective surgical procedures. The Joint Center at Shady Grove Adventist Hospital offers a path to healing for patients with chronic hip or knee pain. Our complete program helps you understand your treatment plan and provides ongoing support every step of the way.

Providing you with high-tech orthopedic care in a healing environment.
"We will customize a Treatment PROGRAM to get you back on your feet."

Judy Mardirossian, R.N., Orthopedic Clinician, Shady Grove Adventist Hospital

At the Joint Center, our staff provides state-of-the-art care in a comfortable, healing environment. Our board-certified surgeons perform hundreds of joint replacements a year and have excellent results with few complications. Much of this success we attribute to our patient-focused team approach — providing you with the ongoing physical and emotional support you need before and during surgery and throughout the recovery process.

Our hands-on program helps you learn about joint replacement and take an active role in your own recovery. Before surgery, you’ll attend an orientation program so you’ll know what to expect and what you’ll have to do to get the best recovery possible. While you’re in the hospital, you’ll receive daily visits from our orthopedic clinician and round-the-clock care from registered nurses specially certified in orthopedic nursing. Our physical therapists will help you perform rehabilitation exercises in our special gym. And an occupational therapist and social worker will supervise your rehabilitation and assist with your discharge plan.

After a few days in the hospital, most patients are able to go home. If you are not quite ready to be on your own, you may want to receive follow-up care from our rehabilitation hospital or our home care agency. Kessler-Adventist Rehabilitation Hospital is located adjacent to the hospital campus. This 55-bed rehabilitation hospital works with you to provide specialized care and supervised physical therapy sessions to continue the healing process.

Adventist Home Health has been providing skilled home care since 1973. Their nurses, therapists and social workers work closely with referring physicians and providers — and work closely with families — to develop the best course of treatment at home. Treatment plans are individually developed and may include nursing, physical therapy and personal care services, all conducted in your own home. Adventist Home Health excepts various insurance plans and Medicaid/Medicare, please call 301-681-1319 for more information.
A full range of patient-focused care to speed your recovery.

The Joint Center staff at Shady Grove Adventist Hospital utilizes a patient-focused team approach. The nurses here not only care for you while you are recovering from surgery, but also provide you with ongoing support to prepare you for discharge.

We care about your emotional needs as well as your physical ones and are here to help you in any way we can, every step of the way.

Shady Grove Adventist Hospital offers the following orthopedic techniques to help reduce pain and increase mobility.

- Total hip replacement
- Total knee replacement
- Total shoulder replacement
- Arthroscopic shoulder surgery
- Shoulder rotator cuff repair
- Arthroscopic knee surgery
- Knee ligament repair/reconstruction
- Partial knee replacement
- Fracture surgery
- Carpal tunnel surgery
- Reconstructive surgery of the foot & ankle
- Spinal surgery
- Reconstructive surgery of the hand & wrist
The professionals involved with The Joint Center at Shady Grove Adventist Hospital strive to maintain the highest quality of care at every step along the Clinical Pathway.

Our surgeons use the most advanced medical technology available and our program is structured around fundamental elements to improve every patient’s quality of life. These elements include pre-op education, a dedicated nursing unit, goal orientation through the use of pathways and comprehensive medical care through the use of pathways. All of these factors contribute to our positive patient outcomes.

“We provide the HIGHEST Standard of Care for a BETTER quality of life.”

Christopher Trench, Technician, Shady Grove Adventist Hospital
The more you know about your surgery, the greater your satisfaction and the faster your recovery.

Prior to surgery, prospective patients and their families are invited to attend an educational class. In a comfortable and pleasant setting, a team of experts from different specialties explains each step in the total joint replacement process. They describe how the surgery is performed and what to expect from the procedure. Topics include:

- The surgical procedure;
- Hospital stay;
- Physical limitations and precautions following joint replacement; and
- Importance of post-surgical rehabilitation, therapy and support.

The relaxed, informal setting of the workshop encourages participants to ask questions and express any lingering concerns they may have. Brochures and other handouts are available for handy reference at home.

Once you decide to have a joint replacement procedure at Shady Grove Adventist Hospital, you and your caregivers will decide on the steps appropriate for your individual needs and circumstances.

You will receive a written copy of your Clinical Pathway which you can use as a flexible guideline. This will help you and your family understand the progress of your treatment and anticipate your needs during the phases of recovery. Your caregivers will review the plan at each critical stage to make sure your goals and desires are being met and to make any adjustments necessary.

Prior to admission, you’ll meet with The Joint Center social worker, a specially trained professional who will assess your needs for home care after surgery. A physical therapist will also assess the type and frequency of therapy that will work best for you, as well as determine whether therapy is best conducted at home or at a rehabilitation facility. In consultation with your physician, nurses and physical therapist, the social worker will make sure you have access to any required equipment and will provide assistance with activities of daily living.
After you check into the hospital, your family will be welcome to stay with you until the moment you are transported to the operating room. To make you as comfortable as possible, the nursing staff is available in the immediate area to meet your needs.

Following the surgery, you will be taken to the recovery room. The post-operative nurses will monitor your progress as you recover from the anesthesia. Warm blankets, natural lighting and friendly staff all enhance the calm, caring environment. Once initial recovery is complete — usually within an hour or two — you will be transported to your room in The Joint Center.

As soon as you arrive, a member of the professional nursing staff will comfort and care for you. Throughout your stay, a registered nurse is available at the touch of a button.

At all times, the nursing staff at The Joint Center encourages you to take the lead role in your care, because only you know what feels best for you.

On the day following your surgery, a physical therapist will meet with you to discuss your rehabilitation program and teach you how to safely perform basic movements such as getting out of bed and walking. The therapist will work with you on a daily basis to develop a progressive exercise program that meets your individual needs, abilities and preferences. A typical program includes:

- At-home exercises to increase strength;
- Techniques for performing daily activities such as lifting or reaching;
- Special assistance, if needed; and
- A schedule for follow-up evaluations and physical therapy visits.

Throughout the rehabilitation phase, the physical therapist will keep your physician and nurses fully informed about your progress. If needed, you and your caregivers can make adjustments to your Clinical Pathway.

We also offer a support group which is a wonderful opportunity to meet with the other patients who are following a path similar to yours. In the support group, you can:

- Talk with the professionals involved in your care;
- Ask questions;
- Find resources for practical help;
- Compare your progress with others;
- Gain support from others who understand your situation; and
- Make new friends.

Many patients also enjoy our bi-annual alumni luncheon, where they can meet other joint patients and share their stories of progress. So take the first step today. Call 800-642-0101 to sign up for our free information class.
To schedule a free information class at The Joint Center, call us at 1-800-642-0101.