



The

INSTITUTE

for

ORTHOPEDIC
MEDICINE

and

SURGERY



The

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for

ORTHOPEDIC

MEDICINE

and

SURGERY

at

NEW YORK

METHODIST

HOSPITAL

The Institute for Orthopedic Medicine and Surgery at New York Methodist Hospital brings together a unique team of specialists, facilities and medical services to provide community education and coordinated, comprehensive treatment of a broad range of orthopedic disorders.

The Institute's panel of physicians includes specialists in adult and pediatric orthopedic surgery, emergency medicine, rheumatology, podiatric medicine and surgery, endocrinology, sports medicine, pain management, orthopedic oncology and neurosurgery. The orthopedic surgeons affiliated with the Institute specialize in all areas of this field, including spine surgery, arthroscopic knee surgery, knee and hip replacement, pediatric hip and lower extremity surgery and hand and shoulder surgery. Podiatric physicians specialize in all foot disorders including reconstructive foot surgery. Other important health care team members include physical and occupational therapists. In addition, the Institute offers complementary medicine services including chiropractic care, acupuncture and medical massage. Referrals to these specialists or to programs and services available at New York Methodist Hospital can be made through an individual's primary care physician or can be requested through the Institute's referral service. All diagnostic and therapeutic procedures are performed at New York Methodist Hospital or in the offices of the referred physicians.

Physicians and other health professionals affiliated with the Institute are also available to speak to community groups on a variety of topics

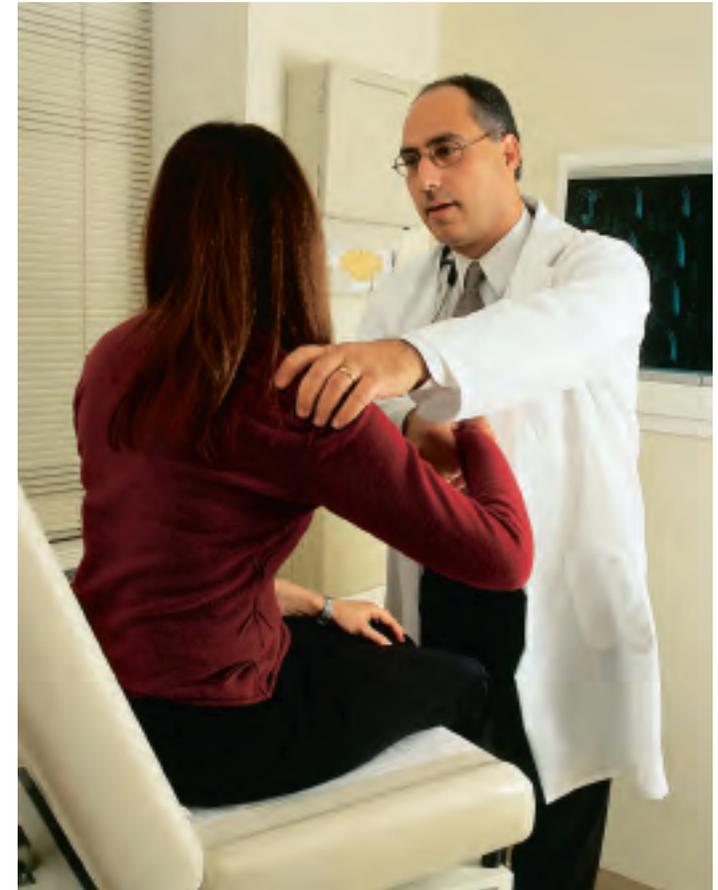
related to orthopedic health. Other community outreach activities of the Institute include the distribution of informational materials and screening programs.

SERVICES

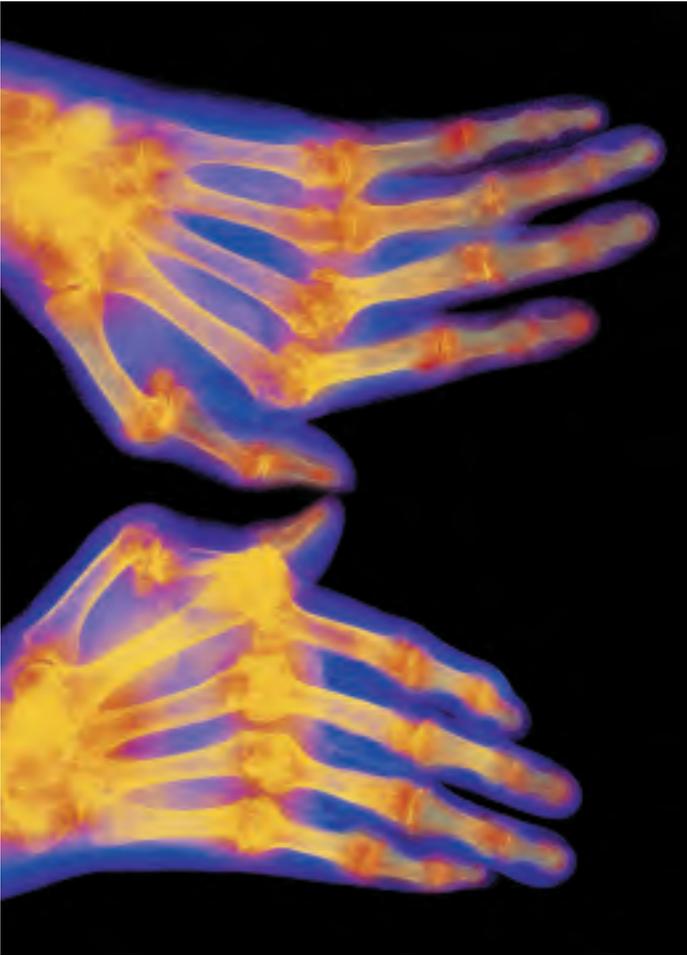
- Emergency Orthopedic Care
- Arthritis Treatment
- Hand and Shoulder Treatment
- Rehabilitation Therapy
- Podiatric Medicine & Surgery
- Spine Surgery
- Joint Replacement
- Knee Surgery and Cartilage Restoration
- Pediatric Orthopedic Services
- Complementary & Alternative Medicine

EMERGENCY ORTHOPEDIC CARE

The Hospital's Department of Emergency Medicine and the Pediatric Emergency Service are open 24 hours a day, seven days a week and are staffed with specialists in emergency medicine and pediatric emergency medicine who treat fractures, strains and sprains and any pain that may be associated with the injury. Orthopedic surgeons are on-call to handle more complex cases requiring surgery.



ARTHRITIS TREATMENT



Osteoarthritis and rheumatoid arthritis are the most common forms of arthritis. Though the causes and symptoms of each may differ, there are effective treatments for both conditions.

Osteoarthritis is a musculoskeletal disease characterized by the deterioration of cartilage that commonly affects the hand, hips, knees, neck and back. Treatment is geared toward stopping or slowing the disease's progression. Institute physicians may prescribe medications to reduce pain and inflammation. Physical therapy and lifestyle changes such as weight reduction and exercise may also be recommended. Surgery to replace damaged tissue and joints, which can often restore normal functioning, may be suggested.

Surgeons affiliated with the Institute offer two innovative treatments for vertebral compression fractures, a spinal deformity known as Dowager's Hump, usually caused by osteoporosis. They are kyphoplasty, in which an inflatable balloon is used to reduce the fracture, and vertebroplasty, which involves injecting a filler directly into the fractured vertebra.

Rheumatoid arthritis, an autoimmune disorder that affects joint linings, is three times more common in women than in men. Symptoms include painful, swollen and tender joints and left untreated, it can eventually damage the heart, lungs and other body structures. Rheumatologists at the Institute can diagnose and treat this disorder.

HAND AND SHOULDER TREATMENT

Repetitive motion injuries and sports injuries are responsible for many upper extremity problems. Among the most common problems treated are carpal tunnel syndrome and shoulder injuries, including rotator cuff tears and frozen shoulder. Whenever possible, conservative treatment, which may include rest, exercise, splinting, nonsteroidal anti-inflammatory medications, corticosteroid injections, and ultrasound, is offered. Surgical treatment is available if medication and other measures do not bring relief.

REHABILITATION THERAPY

Helping patients fully recover following an orthopedic injury or illness is the goal of rehabilitation therapy. Under the umbrella of the Institute, both physical and occupational therapy are offered on an inpatient and outpatient basis. Hospitalized patients receive therapy at bedside or at the acute care or rehabilitation gym, both conveniently located on the dedicated rehabilitation unit.

Occupational therapists help patients master the activities of daily living, such as transfers to and in the bathroom, lower body dressing and fine motor control. Physical therapists help patients with strengthening, range of motion activities and learning to walk following surgery or injury.

Outpatient physical therapy is offered at NYM's affiliate, Metro SportsMed. Physical therapy may be prescribed to strengthen back, joint and limb muscles, improve range of motion by stretching soft tissues and provide aerobic conditioning. In addition, procedures such as ultrasound, heat and cold applications, electrical stimulation, mobilization and manual techniques can help reduce pain, discomfort and inflammation.





PODIATRIC MEDICINE AND SURGERY

Unless we are in pain, we rarely acknowledge how integral foot and ankle health is to our quality of life. Podiatric medicine focuses not only on treatment of disorders of the lower extremities, but also on prevention and foot health education. Through both its Foot and Ankle Center and referral to NYM podiatrists, New York Methodist offers a comprehensive selection of podiatric treatments for all foot and ankle disorders.

SPINE SURGERY

After conservative treatment options are exhausted, many patients benefit from surgery to relieve the pain and limited mobility that may be caused by a number of spinal problems. Bulging disks, ruptured or herniated disks, some types of arthritis and vertebra instability are all conditions that respond well to surgical treatment. Lumbar microsurgery (both microdecompression to remove bone, and microdiscectomy to remove a disk) is performed whenever possible by surgeons affiliated with the Institute because these minimally invasive procedures help patients heal faster. All the tests to confirm the diagnosis (which may include x-rays, CT scans, MRIs, electromyograms, and nerve blocks) are available at NYM.

JOINT REPLACEMENT SURGERY

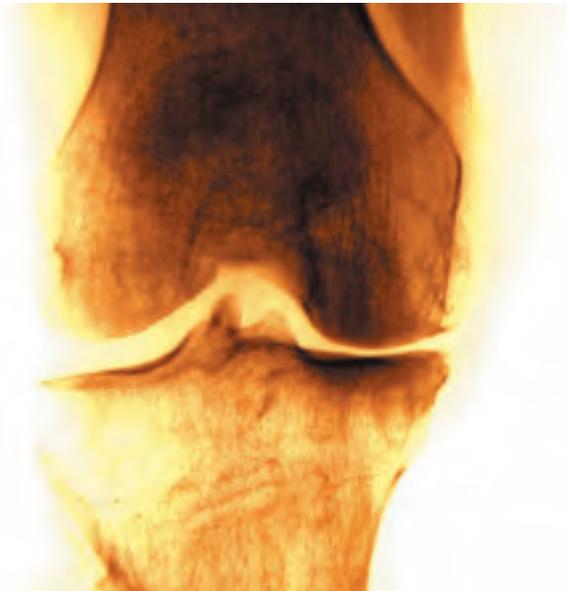
Even with medications, living with a worn or injured hip or knee can be painful and limiting. For those patients who no longer enjoy a good quality of life, joint replacement surgery may be the best treatment. Patients considering this surgery may be referred to one of the orthopedic surgeons affiliated with the Institute. In most cases, the benefits of joint replacement include elimination or reduction of pain, greater mobility and the ability to perform daily tasks in comfort. Surgeons affiliated with the Institute also specialize in revision procedures to replace an existing prosthesis. All surgery is done in New York Methodist's state-of-the-art operating room suite.



KNEE SURGERY AND CARTILAGE RESTORATION

Because knees work so hard every day, it is not unusual for overuse, injury, weakness or aging to cause problems in these joints. Fortunately, diagnosis and treatment of knee problems is easily accomplished via non-invasive and minimally invasive procedures. Several surgeons affiliated with the Institute specialize in arthroscopic surgery, which is performed on an outpatient basis using small instruments and small incisions. Arthroscopy enables the physician to confirm a diagnosis and treat the condition at the same time. Common problems for which arthroscopy is effective include meniscus tears, ACL ligament tears, cartilage wear and patella problems.

The latest techniques to restore and/or repair knee cartilage are performed by surgeons affiliated with the Institute. The first articular cartilage knee implantation in Brooklyn was performed at New York Methodist Hospital in 2002. The surgery replaces worn cartilage in the knee with new cartilage grown in a laboratory from the patient's own healthy tissue. The procedure restores the function of the knee and is geared for active young people.





COMPLEMENTARY AND ALTERNATIVE MEDICINE

In addition to conventional medical practices, many orthopedic and spine problems respond well to complementary and alternative medical techniques. Our Spine and Arthritis Center employs a full roster of therapies that may enhance patients' treatment and further their recover.

ESPECIALLY FOR CHILDREN

Along with treating broken bones, strains and sprains in the pediatric emergency service, pediatric orthopedic specialists affiliated with the Institute diagnose and treat other orthopedic conditions that affect children.

Specialists in hip and lower extremity disorders and deformities evaluate and treat children with these conditions. In most cases, particularly with clubfeet and hip dislocation, prompt treatment to correct the condition is vital.

Scoliosis, a curvature of the spine most often diagnosed in children and adolescents, can have dire consequences if left untreated. Treatment options are observation (used for the management of small curves with a low risk of progression), orthosis (the patient wears a brace on the torso to prevent the progression of the disease), or surgery (recommended when a curve is greater than 45 degrees, a brace cannot contain it and it will continue to grow).

ORTHOPEDIC CARE CENTERS

In addition to a full roster of physician specialists affiliated with the Institute and a range of orthopedic services offered at the Hospital, New York Methodist has three specialized centers dedicated to the diagnosis and treatment of orthopedic conditions located on its campus.

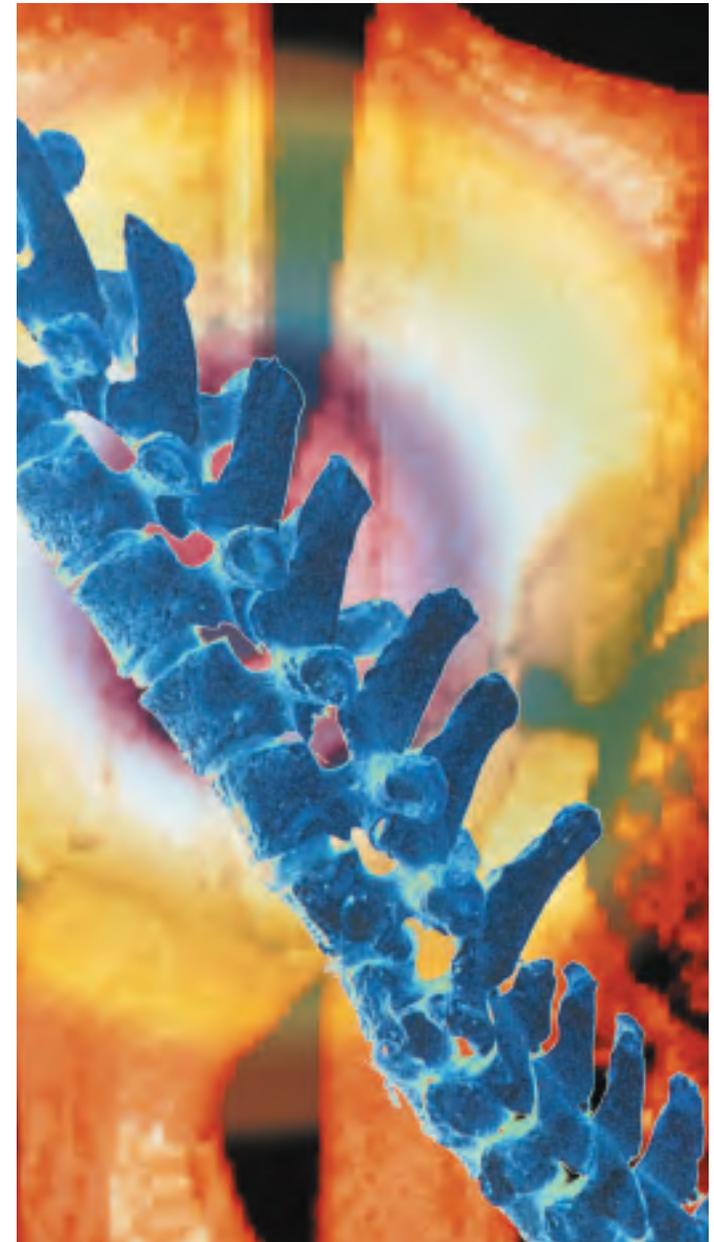
- Brooklyn Spine & Arthritis Center
- Pain Management Center
- Foot & Ankle Center

THE SPINE AND ARTHRITIS CENTER

The Brooklyn Spine and Arthritis Center at New York Methodist Hospital, located on the main Hospital campus, is dedicated to the diagnosis and treatment of arthritis and orthopedic problems. Among the special services available at the Center are spinal care, spinal surgery, rheumatology, joint replacement, hand and shoulder treatment and acupuncture and chiropractic treatment.

Disorders of the spine are treated by orthopedic spine specialists who work closely with specially trained physical therapists to maximize spinal function and mobility. A conservative approach is favored; however, surgical treatment of spinal disorders like disk problems, spinal stenosis, scoliosis or nerve compression is available when necessary.

Among the conditions treated by rheumatologists at the Center are rheumatoid arthritis, lupus, gout, osteoarthritis, bursitis, osteoporosis and other related disorders. Though a combination of medications, injections and physical therapy, patients can increase activity levels while decreasing discomfort. The Center ensures that surgical care for hip or knee replacement is well coordinated. Prior to surgery, the registered nurse coordinator meets with the patient to explain the procedure. Patients are taught to use crutches and obtain helpful devices such as grabbers,





before their hospitalization to minimize stress after surgery.

In addition to initial joint replacements, surgeons at the Center specialize in revision procedures. These are performed when a prosthesis already in place must be removed due to age, malfunction or infection.

Hand and shoulder specialists at the Center treat repetitive motion injuries, like carpal tunnel syndrome, and other ailments of the upper extremities including fractures and sports injuries. If surgery is necessary, most procedures are done at New York Methodist's Ambulatory Surgery Center and patients go home on the same day.

Along with ample physical and occupational therapies, our patients can also enjoy a selection of complementary and alternative treatments. These treatments include acupuncture, massage therapy, reiki, qi gung and chiropractic medicine.

THE FOOT AND ANKLE CENTER

The Foot and Ankle Center is a comprehensive podiatry center dedicated to the treatment of all foot and ankle disorders. The Center specializes in reconstructive foot surgery and in treating conditions such as bunions and hammertoe deformities; foot problems like plantar fasciitis, heel spurs, flat feet, high arches; sports related injuries; pediatric foot conditions; trauma; and diabetic foot disorders. The board-certified podiatrists at the Center hold one-on-one consultations with patients, with an emphasis on patient education. For the convenience of patients who need x-rays, the Center has on site radiology facilities. The Center's location on the Hospital's main campus, also makes it convenient to all other diagnostic departments such as the vascular laboratory or the MRI Center. Once a diagnosis is made, the podiatrist will discuss treatment options that may include a combination of medication, exercise, physical therapy, corrective footwear, orthotics and, if necessary, surgery.

PAIN MANAGEMENT CENTER

Orthopedic injuries and illnesses are sometimes associated with pain. The Pain Management Center's physician specialists have a constellation of treatments to reduce or eliminate pain, including oral medications, infusion pumps, nerve blocks, nerve stimulation, cyrotherapy, radiofrequency treatments, epidural lysis of adhesions and fiberoptic myeloscopy.

METRO SPORTSMED-NYM'S AFFILIATE

Metro SportsMed has facilities located on the main Hospital campus and at three additional locations in Brooklyn and one in Manhattan. Metro SportsMed offers specialized programs in musculoskeletal rehabilitation, sports medicine, comprehensive neck and back rehabilitation, neurological disorders including stroke rehabilitation, and also features a Balance Disorders Center. Its team of orthopedic surgeons and sports medicine physicians diagnose and treat all orthopedic illnesses and injuries. They specialize in treating knee and shoulder disorders using the latest arthroscopic techniques.

REFERRAL

For referral to a physician affiliated with the Institute for Orthopedic Medicine or to schedule an appointment, please call 1.866.ORTHO.11 (1.866.678.4611).

For community support services (printed materials, community lectures, support group information), please call 718.780.5367.



The Institute for Advanced and Minimally Invasive Surgery
866. DOCS.14U

The Institute for Asthma and Lung Diseases
866.ASK.LUNG (866.275.5864)

The Institute for Cancer Care
866.411.ONCO (866.844.3278)

The Institute for Cardiology and Cardiac Surgery
866.84.HEART (866.844.3278)

The Institute for Diabetes and Other Endocrine Disorders
866.4.GLAND.2 (866.445.2632)

The Institute for Digestive and Liver Disorders
866.DIGEST1 (866.344.3781)

The Institute for Family Care
866.432.CARE (866.432.2273)

The Institute for Orthopedic Medicine and Surgery
866.ORTHO.11 (866.678.4611)

The Institute for Neurosciences
866.DO.NEURO (866.366.3876)

The Institute for Vascular Medicine and Surgery
866.438.VEIN (866.366.8346)

The Institute for Women's Health
877.41.WOMAN (877.419.6626)

OUR LOCATION

Directions: By Bus: #67 runs along Seventh Avenue. **By Subway:** Take the "F" to the Seventh Avenue station. Walk two blocks to the Hospital. You can transfer to the "F" from the "R" at the Fourth Avenue/Ninth Street station. Transfer from the "A" at the Jay Street Boro Hall station. **For Cars:** The parking garage entrance is on Sixth Street opposite the Hospital, between Seventh and Eighth Avenues.



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