

# Solving Shoulder, Hip and Knee Pain

Problems affecting the body's major joints, like the shoulders, hips and knees, can cause constant pain, prevent you from engaging in activities you love and make doing the things you used to do with ease almost impossible. It is true that nonsurgical methods of treatment are often recommended before surgery, but when medications, bracing, injections and other treatments are not enough, surgery may be your answer to solving your painful problem. Only your doctor can advise which options are right for you. Make an appointment with your physician to discuss diagnostics and procedures.

## Why You Shouldn't Wait

Pain, stiffness and decreased range of motion are not a normal part of aging! When recommended by your doctor, the right procedures can get you back to living with vibrancy and vitality a lot sooner than you may think. Delaying recommended surgery can worsen symptoms and make your problem more difficult and complicated to correct later on.

## Advances in Surgery

Today, surgery is a solution for patients of all ages suffering from a range of different problems. Surgery for shoulders, hips and knees has come a long way and is much more sophisticated and customized than it used to be. Medical advances in surgery and artificial joints has led to shortened recovery time, less time in the hospital, less after-surgery assistance, a lower risk of complications and allowed for patients to get back on their feet more easily. Today, many surgeons use robot technology. A robotic system does not replace or act independently of human surgeons, but rather helps surgeons to see more clearly with features like 10 times magnification or a 3-D view. It can also help surgeons position and manipulate instruments more precisely, with fewer complications and better results. Robotic surgery may also permit people who might not be candidates for open or even traditional minimally invasive surgery to undergo surgical repair, so if surgery was previously not an option for you, it may be now!

## NCH Healthcare System Total Hip and Knee Replacement Programs Earn The Joint Commission's Gold Seal of Approval

This prestigious honor is earned by demonstrating compliance with The Joint Commission's state-of-the-art standards for health care quality and safety in disease specific care. Only about 250 of the nation's 5,000+ hospitals have earned this Gold Seal of Approval for total hip and total knee replacement surgery. Certification is the best signal to our community that the care NCH provides makes for exceptional outcomes for the patients we serve.

"NCH's Orthopedic Team has developed a comprehensive program to guide each patient through their journey to regain freedom of motion. This achievement illustrates a commitment to patients which is demonstrated daily by the entire NCH Orthopedic Team," says Suzanne Graziano, R.N., Program Coordinator, Director of NCH Orthopedics.

Learn more about the Gold Seal of Approval at <http://www.jointcommission.org/achievethegoldseal.aspx>

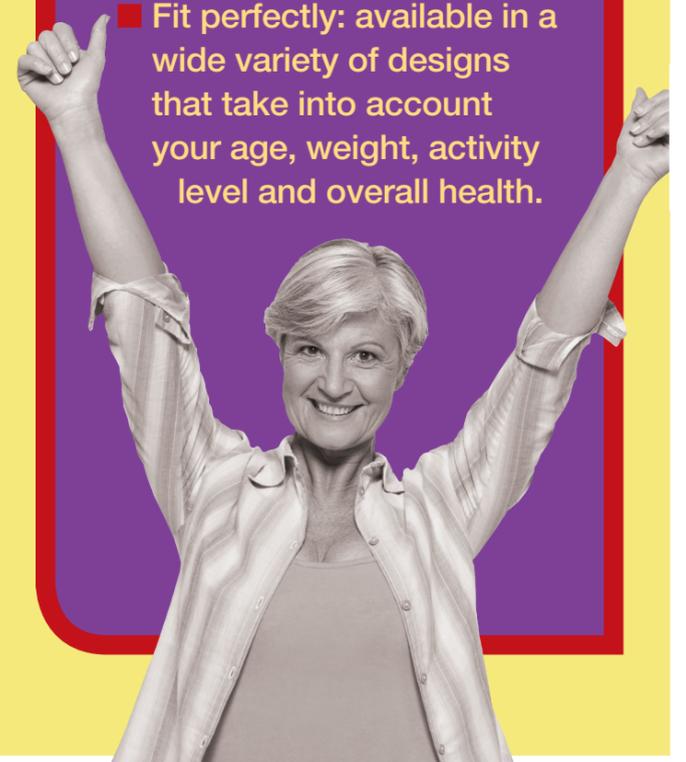
### Partner with your doctor, who can:

- Answer your questions.
- Diagnose your painful symptoms.
- Advise if surgery is right for you.
- Refer you to the right surgeon.

### Artificial Joints

Certain shoulder, hip and knee surgeries involve replacing a diseased joint with an artificial one, called a prosthesis. Prostheses can be tailored to:

- Function comfortably: designed to mimic the natural, gliding motion of a healthy joint.
- Fit perfectly: available in a wide variety of designs that take into account your age, weight, activity level and overall health.



**For more information call Suzanne Graziano  
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