

Innovative Joint Replacement Program

The Joint Replacement Program is the first and only one of its kind in the San Fernando Valley offering a free, informative seminar and in-home assessment.

FREE Seminar

Prior to surgery, patients and their caregivers attend a seminar where they can meet others about to experience the same surgery. A physical therapist and nurse discuss:

- Pre-surgery preparations
- Surgical procedures (includes a viewing of artificial joints)
- What to expect during the hospital stay

No-Cost Personalized In-Home Assessment

About three weeks before a spine procedure or total hip or knee replacement, a Licensed Physical Therapist visits a patient's home to:

- Assess the home and suggest ways to make it safe and conducive to the patient's needs after surgery
- Recommend equipment prior to and after surgery
- Educate the patient on how to decrease pain and facilitate a faster recovery



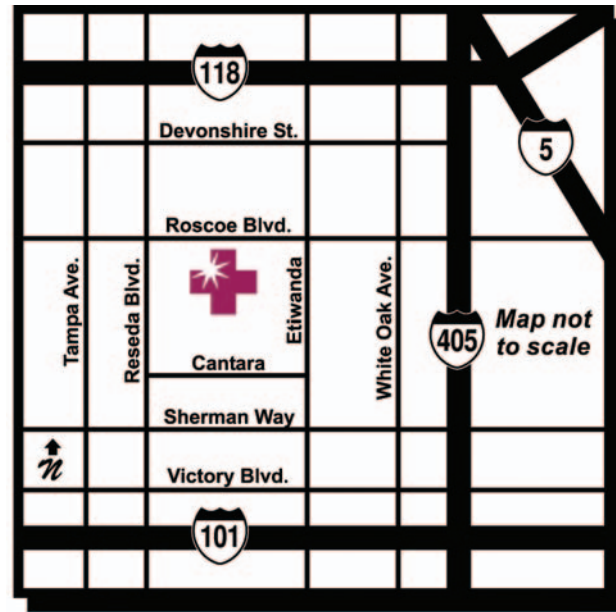
On the Mend

During your stay, clinical staff members from Northridge Hospital's Center for Rehabilitation Medicine will come to your bedside to provide personalized therapies. The Center features the most

advanced techniques and therapies to help patients regain mobility, and is available for Outpatient Services once you return home.



Northridge Hospital Medical Center is a 411-bed facility serving the San Fernando Valley for more than 55 years. As a nonprofit, community-based hospital, Northridge Hospital offers a full spectrum of healthcare programs and Centers of Excellence. Northridge Hospital is affiliated with Catholic Healthcare West (CHW) and shares with them a long and rich legacy of caring and compassion.



Northridge Hospital Medical Center
 18300 Roscoe Boulevard
 Northridge, CA 91328

Main Line.....818-885-8500
 Free Find-A-DoctorToll-Free 855-A-DOC-4-ME
 (855-236-2463)

Orthopedic Services818-885-8500, ext. 2498

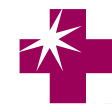
www.NorthridgeHospital.org



*Aching Joints?
 Back Pain?*

We Can Help

Orthopedic Services
 818-885-8500,
 ext. 2498



**Northridge Hospital
 Medical Center**

A member of CHW

Joints • Hips • Knees • Spine

Get Moving

Don't let joint or spine pain stop you from enjoying life.

Northridge Hospital Medical Center's Orthopedic Services utilize the latest surgical procedures for knee, hip and back conditions. Our surgeons specialize in minimally invasive techniques to quickly restore function, improve mobility and decrease pain—so you can get back to living.

Our multidisciplinary team is comprised of expert specialists who are devoted to diagnosing and treating problems of the spine, bones, joints, cartilage and ligaments. Your personalized treatment plan may include a Surgeon, Physician Assistant, Case Manager, Physical Therapist, Occupational Therapist and Nurses who are certified in advanced orthopedic care.

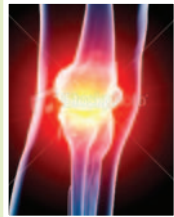
KNEE'D TO CYCLE

Arthritis had destroyed the cartilage in Ben's knee, bringing bike riding to a halt. Then he heard about Northridge Hospital's Orthopedic Services where expert specialists are devoted to diagnosing and treating problems of the bones, joints, cartilage and ligaments—and the care is tailored to meet each patient's individual needs. Ben underwent a total knee replacement, resulting in greater stability and range-of-motion. Six weeks later, he was happily burning rubber on the bike path.



Knee Procedures

- **Total Knee Replacement** – An arthritic or damaged joint is replaced with an artificial joint. This can also be performed with the Computer (CPU)-Navigated Knee Procedure in which the surgeon views live images on a computer screen to accurately guide the implant into position.
- **Partial Knee Replacement** – When bone disease is restricted to the inner side of the knee, damaged areas can be reshaped, repaired and partially covered with metal and plastic bearings.
- **Knee Revision** – A previously implanted prosthesis is replaced with a new one to relieve pain and restore mobility.



BACK IN THE SWIM OF THINGS

Beverly's herniated disc radiated pain in her lower back when she stepped into the pool. Her Primary Physician referred her to Spine Surgeons at Northridge Hospital where she underwent a discectomy to remove the disc, which immediately relieved the pressure on the nerve. Today, she's back in the swim of things.



Beverly is one of many patients who chose Northridge Hospital's Orthopedic Services because we treat the full spectrum of spinal disorders, from complex back and neck pain to difficult-to-diagnose conditions to those that have failed previous treatment.

Back Conditions Treated

- Spinal disorders, including a bulging disc, herniated disc, degenerative disc and spinal stenosis
- Tumors
- Injuries of the spine
- Deformities and pain in the upper and lower back, including muscle pain, chiari malformation (brain protrudes into spinal canal) and congenital conditions such as scoliosis



Motion-Sparing Spine Surgery

Our Surgeons use innovative surgical techniques for complex spinal disorders and tumors, so you'll benefit from increased comfort and a faster recovery time.

- **BrainLAB Image-Guided Surgery (IGS)** technology is similar to your vehicle's GPS system in that it helps physicians navigate the spine with greater accuracy.
- **Trilogy® Linear Accelerator Stereotactic System** delivers Image Guided Radiation Therapy (IGRT) and Stereotactic Radiosurgery (SRS). The Trilogy is ideal for certain spinal tumors because it delivers a higher dose of radiation, resulting in fewer treatment sessions, reduced side effects and improved accuracy.
- Two state-of-the-art **Spine Surgery Operating Suites** feature equipment that is only available at hospitals that excel in complicated spinal surgeries.

JUMP BACK INTO LIFE

Orthopedic Services

818-885-8500,
ext. 2498



SWINGING STRAIGHT FROM THE HIP

When Earl fractured his hip, he thought his golfing days were over. Then a friend recommended Northridge Hospital's Orthopedic Services, which features the most modern surgical techniques and advanced post-surgery care. Earl opted for a total hip replacement and within three months he was teeing off. Hip, hip, hooray!



Hip Procedures

- **Hip Replacement** – The hip's arthritic cartilage is removed and the ball and socket are replaced with artificial parts often using the Computer (CPU)-Navigated Hip Procedure in which the surgeon views live images on a computer screen to accurately guide the implant into position.
- **Hip Resurfacing** – The ball at the end of the thigh bone is capped with a metal covering, which fits neatly into a metal cup placed in the hip socket. This alternative to hip replacement preserves healthy bone.
- **Hip Revision** – A previously implanted artificial hip joint is replaced with a new one to relieve pain and restore mobility.

