



ORTHOPEDIC SERVICES

Touching Lives...

...with an
OUTSTANDING combination
of **TECHNOLOGY** and **TALENT**



SETTING THE PACE FOR ORTHOPEDIC CARE

Problems related to bones, muscles, ligaments and joints can really take you off your feet. At St. Mary's Health System, our orthopedic team is here to help.

If you need treatment for a sports injury, degenerative joint disease, back pain, carpal tunnel or any other orthopedic problem, we can help you get back into the swing of things as quickly as possible. Our expert team, which includes fellowship-trained surgeons and highly skilled staff, specializes in the prevention, diagnosis, treatment and rehabilitation of orthopedic diseases and injuries.

Our "high tech" approach to orthopedic care includes the latest imaging techniques and treatment options, while our "high touch" tools include valuable education, care and support. We treat more than muscle and bone. We treat you – the whole person – and we include your family in the process.

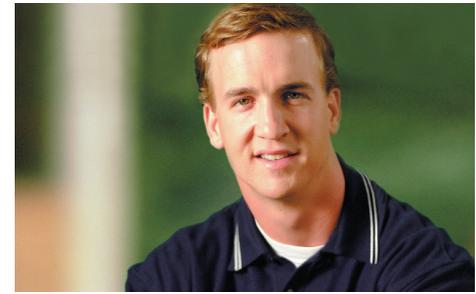
At St. Mary's, we are committed to making the healthcare experiences of our orthopedic patients and their families as positive and productive as possible—from discovery to recovery.

A CUT ABOVE THE REST

St. Mary's Medical Center is the recipient of the 2007 HealthGrades Orthopedics Care Excellence Award™—the only hospital to earn this distinction in the Knoxville area. St. Mary's is also rated among the top 10 percent in the nation and #2 in the state for overall orthopedic services.

St. Mary's Medical Center ranks among the top hospitals in Tennessee for joint replacement and spine surgery, according to the HealthGrades study. And St. Mary's received the highest possible star rating for total hip replacement, hip fracture repair, partial hip replacement, spine surgery, and back and neck surgery.

If that's not enough to convince you to choose St. Mary's for your orthopedic care, ask a doctor. St. Mary's Medical Center received five-star ratings in surgical services and was named the best place to practice medicine, according to the Professional Research Consultants' 2006 Physician Satisfaction Survey.



THE VALUE OF EXPERIENCE

Year after year, St. Mary's has the largest total volume of orthopedic surgery cases in East Tennessee, which means no other health system in the area cares for as many orthopedic patients as St. Mary's.

St. Mary's orthopedic surgeons are also the area's leaders in minimally invasive (arthroscopic) shoulder, knee and hip surgery. Arthroscopy is a procedure where surgeons can view and repair muscles, bones or joints with a tiny tube, camera and light source inserted through a small incision.

And St. Mary's popular inpatient and outpatient rehabilitation facilities in Knoxville, Jefferson, Campbell and Union counties are also recognized for helping hundreds of people each year rebuild their lives after illness or injury.

OUR MEDICAL SPECIALISTS

St. Mary's orthopedic surgeons are educated and skilled in an array of subspecialties including:

- Elbow Surgery
- Foot and Ankle Surgery
- Hand Surgery
- Joint Replacement Surgery
- Reconstructive Surgery
- Shoulder Surgery
- Spine Surgery
- Sports Medicine

St. Mary's has more fellowship-trained orthopedic surgeons than any other healthcare system in East Tennessee, which means our doctors have additional training and expertise, over and above what is required.

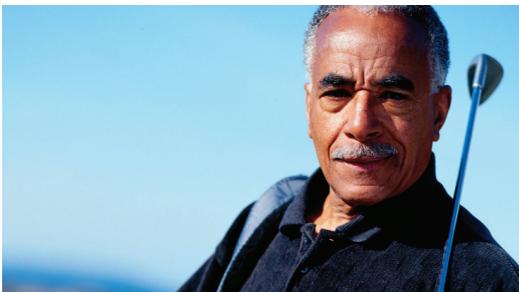
"Near the end of my college career, I got an injury to my knee. I went to St. Mary's and received the very best care. Thanks to a complete recovery, I'm now playing in the NFL. There's no question I would choose St. Mary's again. The way the staff treats their patients is absolutely first class."

– Peyton Manning,

Professional Football Quarterback

"I strained my back muscles playing basketball. After an MRI, my orthopedic doctor sent me to sports rehab at St. Mary's. They got me back on my feet quickly and watched over me afterward to make sure I wouldn't re-injure my back."

– Sports Medicine Patient



“I was having a lot of pain walking and eventually decided to have hip replacement surgery at St. Mary’s.

I’m amazed at how little pain I have now. I’ve been able to participate in water aerobics at St. Mary’s Health & Fitness Center... I would not hesitate to return to St. Mary’s if I need to have my other hip replaced.”

– Hip Replacement Surgery Patient

“From my doctors and nurses to the rehab staff, I was well taken care of. Thank you, St. Mary’s, for giving me my life back.”

– Partial Knee Replacement Surgery Patient

TEAM MEMBERS

In addition to our expert surgeons, St. Mary’s orthopedic care team includes:

- Anesthesiologists
- Emergency Medicine Physicians
- Pathologists
- Radiologists
- Athletic Trainers
- Case Managers
- Chaplains and Spiritual Care Staff
- HomeCare Nurses
- Medical and Surgical Orthopedic Nurses
- Nurse Anesthetists
- Physical and Occupational Therapists
- Surgical Technicians

THE FIRST STEP IS DISCOVERY

As a leader in orthopedic services, we understand the importance of investing in the latest diagnostic and treatment technology. That’s why St. Mary’s is often an early adopter of cutting-edge imaging equipment. For our orthopedic patients, we offer a complete range of testing including:

- Bone Densitometry
- Computerized Tomography (CT) Imaging
- Interventional Radiology
 - Magnetic Resonance Imaging (MRI)
 - X-ray





WE TREAT YOU RIGHT

From splints and casts to arthroscopic surgery to total joint replacement, St. Mary's orthopedic specialists offer a full array of treatment options for a wide variety of needs. Our skilled teams work in state-of-the-art surgical suites, delivering personalized care with sophisticated medical technology.

St. Mary's also offers an array of support services to our orthopedic patients including:

- CareVan Transportation
- Health and Fitness Classes
- Home Care
- Home Medical Products
- Hyperbaric Oxygen Therapy
- Pain Management Services
- Physical and Occupational Therapy
- Spine Classes
- Therapeutic Massage
- Total Joint Replacement Classes

GETTING BACK ON YOUR FEET

Exercise and therapy are an important part of the rehabilitation process. For more than 75 years, St. Mary's has been helping people rebuild their lives after injury or illness. We do this by delivering comprehensive inpatient and outpatient rehabilitation services, including physical and occupational therapy.

Based on the patient's unique needs and ability to tolerate therapy, St. Mary's offers rehabilitation services for inpatients at St. Mary's Rehab Care Center and Transitional Care Center (both located at St. Mary's Medical Center), Holston Health & Rehab Center, St. Mary's Jefferson Memorial Hospital, and St. Mary's Health & Rehab Center in LaFollette.

The inpatient program is designed for those who are experiencing the onset of weakness or loss of ability due to fractures, joint replacements, arthritis, and other orthopedic and neuromuscular

"I've had problems with my knees since I was a teenager, so I agreed with my surgeon that to have both knees replaced was the best solution to ease my pain.

I was invited to attend a joint replacement class at St. Mary's before my surgery to learn about the procedure. It really prepared me for what I was to go through... The surgery was one of the easiest ones I've ever had, and the rehab folks were gentle and patient with me day after day.

They called me the 'bionic woman' and encouraged me every step of the way."

*– Knee Replacement
Surgery Patient*



“I’ve had two sports injury surgeries at St. Mary’s. The first time, I was really scared, but the staff talked with me and explained everything that was going on. They made me feel like I was part of the team. After my surgery, I went to outpatient rehab at St. Mary’s. The therapists made me feel right at home.”
– Sports Medicine Patient

problems. The goal is to help each patient regain and maintain their optimal level of independence so they can go home. In fact, St. Mary’s inpatient rehabilitation centers boast an impressive recovery rate with 80 percent of all patients able to return to the community.

St. Mary’s Health System also offers outpatient rehabilitation services at convenient locations in Knoxville, LaFollette, Jefferson City and Maynardville.

BE A GOOD SPORT

St. Mary’s Sports Medicine team provides emergency response, injury assessment, wound care, education and support services at several area high schools.

St. Mary’s certified athletic trainers also offer rehabilitation services at St. Mary’s Center for Sports Medicine and Rehabilitation, located in the St. Mary’s Health & Fitness Center on the St. Mary’s North campus. With aggressive therapies and strenuous exercise programs, many athletes are able to return to peak performance.



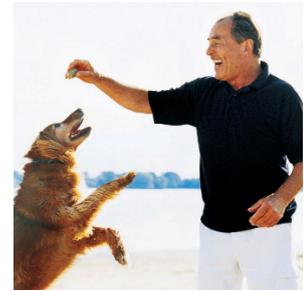
NEED A DOCTOR?

For referral to a St. Mary's surgeon, call 865.545.MD4U. Or check out St. Mary's Physician Directory on the Internet at stmaryshealth.com.

To learn more about orthopedic care at St. Mary's, visit stmaryshealth.com and click on the Orthopedic Services icon.

“The pain was so bad that I couldn't turn my head without turning my entire body. Even after years of conservative treatment, nothing seemed to help. And then, when I lost feeling in both my hands, I was ready for spine surgery... When I awoke from surgery, I could move my head with no pain! I can't believe I'm free to do whatever I want now.”

– Spine Surgery Patient



sm St. Mary's
HEALTH SYSTEM
Touching Lives

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