

Comprehensive Joint Care Program

AT CALIFORNIA PACIFIC MEDICAL CENTER, we believe in the power of medicine. We research the most up-to-date treatments, hire the most qualified individuals, and practice the most modern, innovative medicine available. But we also believe that medicine alone is only part of the solution. That's why we look intently at each individual case and treat the whole person, not just the illness. Because medicine can transform a body. But going beyond medicine can transform a life.

The Comprehensive Joint Care Program at California Pacific is a branch of the Department of Orthopedic Surgery, which provides specialized services for treating conditions of the foot and ankle, knee, hip, shoulder, elbow and hand, as well as spinal ailments. The Program offers access to breakthrough treatment and advances in technology to patients requiring total joint replacement of the hip, knee or shoulder. Surgeons work closely with a multidisciplinary team providing care in rehabilitation medicine, as well as physical and occupational therapy. Our goal is to return function to our patients and improve their quality of life. We use the vast array of resources available at California Pacific to go beyond medicine to provide personalized treatment and a full continuum of care for each patient.

Joint Replacement

Total joint replacement relieves pain by replacing an arthritic or damaged joint with an artificial one called a prosthesis. The prosthesis is generally composed of a metal piece that fits closely into a matching sturdy plastic piece. Plastic bone cement may be used to anchor the prosthesis in to the bone. It may also be implanted without cement when the prosthesis and the bone are designed to fit and lock together directly, with the bone growing into the prosthesis.

Joint replacement surgery can provide remarkable relief of pain from arthritic joints. Following surgery, many patients are able to return to fully active lives. Surgical techniques and implants have improved dramatically in recent years providing for faster recovery and functional return.

Total Hip Replacement

A total hip replacement may be necessary for people suffering with unrelenting pain from arthritis that has not been adequately controlled by medications or activity modifications. Although near complete pain relief and improved function can be achieved with total hip replacement, the devices used are man-made and will wear out in time. Younger, very active patients must be aware that future surgery may be necessary and that certain higher impact activities should be avoided. This generally applies for all joint replacements.

Common conditions treated with hip replacement are osteoarthritis, rheumatoid arthritis, arthritis from a previous injury or fracture, arthritis from hip dysplasia and avascular necrosis of the hip.

Hip implants are of two basic designs: those fixed to bone by cement and those fixed to bone via bone ingrowth into the prosthesis itself. Both can achieve excellent results. In general, younger, more active patients will receive bone ingrowth implants. This form of fixation is living and more dynamic, but does rely on healthy bone to actively attach the prosthesis. Older patients with thinner bone will fare better with cement fixation.

Total Knee Replacement

Patients with disabling pain in the knee as a result

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of arthritic involvement are generally candidates for knee joint replacement. The use of exercises, anti-inflammatory medication and injections into the knee are usually tried prior to surgery. With total knee replacement, the surfaces of the femur (thigh bone), tibia (leg bone), and patella (kneecap) in the knee are “resurfaced” with metal and plastic. These components are fit precisely to the ends of these bones, and often cemented into place. The prosthesis will then be moved by the muscles and ligaments that normally move the knee. It will be lubricated by the same synovial fluid that lubricates the normal joint. The materials used in these prostheses have more than a thirty year track record for implantation in humans. Most studies suggest that between 92 to 94 percent of total knee replacements implanted are still doing well 20 years after their initial implantation.

Total Shoulder Replacement

Shoulder replacement can be done for people who have a variety of shoulder problems. Most commonly, it is done for those who suffer from severe arthritis—a condition where the cartilage in the shoulder joint has worn away. However, it can also be done for those who have destruction of the joint from other causes or pain and dysfunction from a rotator cuff tear that cannot be repaired.

Shoulder replacement surgery replaces damaged surfaces with prostheses. Typically, prostheses have two components: the humeral (upper arm bone) component made of metal and the glenoid (socket) component made of polyethylene. Most

shoulder replacements are secured with bone cement or screw fixation. Determining the type of shoulder replacement a patient needs depends on whether both sides of the joint are arthritic and whether there are adequate muscles to control the arm after surgery. If both sides of the joint are affected, replacing both sides gives the best pain relief and function. A newly approved prosthesis for patients suffering from arthritis secondary to loss of their rotator cuff is available. The shoulder surgeons at California Pacific have extensive experience in the use of this revolutionary device.

After Surgery

Typically, a short hospital stay is required. As part of the continuum of care provided at California Pacific Medical Center, patients begin working with physical and occupational therapists shortly after joint replacement. Therapists design specific exercise programs that patients can perform independently to accelerate the recovery process. The muscle groups supporting the replaced joint are treated to achieve optimal strength and balance to the joint and limb, as well as restoring optimum joint motion. Treatment includes muscle balance and precautionary education, and pain management. Occupational therapists assist patients in resuming daily self-care tasks.

Contact Us

To learn more about the services provided by the Comprehensive Joint Care Program or to find a physician, please call us at 888-637-2762 or visit www.cpmc.org/services/orthopedics.



*California Pacific
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www.cpmc.org/beyondmedicine

THANK YOU FOR THE OPPORTUNITY TO SHARE INFORMATION ABOUT CALIFORNIA PACIFIC MEDICAL CENTER'S SERVICES WITH YOU. PLEASE ACCEPT OUR SINCERE WISHES FOR YOUR GOOD HEALTH.

California Pacific Medical Center. Beyond Medicine.

California Pacific Medical Center is one of the largest private, not-for-profit, academic medical centers in Northern California and is a Sutter Health affiliate. As a tertiary referral center, the Medical Center provides a wide variety of services, including acute, post-acute and outpatient hospital care; home care and hospice services; preventive and complementary care and health education.

Through our medical education program and our Research Institute, physicians are able to bring health care innovation to the bedside. We go beyond medical care and provide our patients with services like disease counseling, family support and wellness treatments. And we reach deep into our community to provide education, screening, and financial support in some of the city's most underserved areas.

Tell Us Your Story

We truly appreciate your time and input toward helping us go beyond medicine. We invite you to share your health care experience connected with California Pacific Medical Center at www.cpmc.org/beyondmedicine.