



Orthopedic Treatment Guide

Be confident in your movement

Injuries, illness or normal wear and tear can lead to joint pain or discomfort in your joints, muscles, nerves and tendons. When injuries or pain occur, MercyOne offers a variety of orthopedic services from leading experts in the field.

Our team is committed to helping you get back to the activities you enjoy so you can live your best, pain-free life.



What are common symptoms and causes of joint pain?

Joint pain can be caused by arthritis, bursitis, gout, minor injuries, infections, trauma or earlier joint surgeries or treatment. Motion, pressure or weight-bearing resistance with activity can aggravate joint pain.

Symptoms include:

- Painful movement
- Deformed joints
- Stiffness
- Reduced range of motion or loss of use
- Muscle weakness
- Creaking, grinding or snapping sounds at joint

When should I see a doctor about joint pain?

If you have pain that lasts longer than one week, you should be evaluated by a health care provider. Severe pain should be medically evaluated as soon as possible.

What are my treatment options?

Treatment depends on the underlying cause of your pain and severity. Surgery is not usually the first choice but if the severity calls for surgery, MercyOne provides high quality orthopedic care. Our care locations often are recognized as distinguished medical centers for delivering better outcomes.

TREATMENT OPTIONS MAY INCLUDE:

Rest

Exercise

Weight
Management

Physical
Therapy

Pain
medication &
alternative
therapies

Surgery

What are my surgical treatment options?

Joint Replacement

If you have pain or stiffness in the hip, knee, shoulder or wrist, or arthritis in these joints, you may need joint replacement. Joint replacement is a highly effective approach to end pain, correct a deformity, treat advanced arthritis and improve mobility. Joint replacement surgery involves removing or replacing damaged cartilage or bone with an artificial joint to mimic your body's natural structure and movement. In many cases, minimally invasive surgical techniques mean fewer and smaller incisions, less discomfort, a shorter hospital stay and a faster recovery.

Knee Replacement

Total Knee Replacement: The most common surgical knee procedure is a total knee replacement. This replaces all three areas of your knee joint – under your kneecap, outside and inside. It's commonly performed if you have a severe knee injury or advanced osteoarthritis of the knee.

Partial (Unicompartmental) Knee Replacement: A total knee replacement is not always best for patients with early-to mid-stage osteoarthritis in just one or two compartments of the knee. In this case, your surgeon may recommend a partial knee replacement, which replaces only the damaged part of your knee.

Hip Replacement

Posterior Approach: The posterior approach, used in most hip replacements, involves accessing the hip joint through an incision made close to the buttocks. This approach gives surgeons a good view of the hip capsule, allowing for best placement of implants.

Anterior Approach: The anterior approach involves the surgeon making an incision through the front of the leg, rather than the back. This makes it possible to reach the joint by separating the muscles instead of cutting and reattaching them.

Shoulder Surgery

Shoulder replacement replaces the ball and socket part of your shoulder joint with a shoulder implant. Treatment is based on the type of tear. The procedure is done with a large incision or with shoulder arthroscopy, which uses smaller incisions.

Foot and Ankle Surgery

The foot and ankle system that allows you to stand, walk, jog or jump is complex. Each foot has 26 bones, supported by three groups of ligaments, and several muscles and tendons help move the foot and ankle. Sprains, tendon injuries or overuse injuries are common and can require surgery. Orthopedic surgeons provide a spectrum of treatments to restore pain-free function of the foot and ankle.

Hand Surgery

You may need hand surgery due to rheumatoid arthritis deformities, congenital developmental abnormalities, trauma or a sports injury to the hand, wrist or forearm. Orthopedic surgeons specialize in reconstructive surgery to restore the structure and function of the hand or wrist.

Sports Injuries

MercyOne also treats a variety of sports injuries, including injuries of the knee, ankle, elbow or shoulder. Sports Medicine fellowship-trained orthopedic specialists diagnose and treat a full range of musculoskeletal injuries to get athletes back in the game. Surgical treatments include reconstructive procedures to repair ligaments and tendons.



What should I expect?

With a comprehensive clinical approach, MercyOne will work closely with you throughout your treatment. You'll receive pre-surgical education and information on registration, admission, discharge and rehabilitation. Before surgery, you'll understand the expectations for your surgery and the rehabilitation process.

Am I a candidate for joint replacement surgery?

Joint replacement surgery may be necessary if you have severe joint pain, stiffness, a limp, muscle weakness, limited mobility or swelling. Depending on the affected joint and the extent of damage, you may have trouble with ordinary activities, such as walking, putting on socks and shoes, getting in and out of cars or climbing stairs. You'll be evaluated by a specialist to decide if you are a candidate for surgery or other treatment options.



Why choose MercyOne?

MercyOne utilizes a comprehensive team approach to care. We'll work closely with you throughout the treatment process to help you with registration, admission and recovery. Our caring, experienced orthopedic surgeons have high patient satisfaction scores and deliver results that make a difference in your outcome and getting you back to living your best life. Our team approach means you'll receive care from dedicated surgical teams, anesthesiologists, orthopedic nurses and physical therapists.



Ready to move with confidence?

Take the next step and schedule an appointment today.