

# ONE IN 7 AMERICANS HAVE INJURIES OR DISEASE THAT MAKE IT DIFFICULT TO WALK, WORK AND BE ACTIVE.

Chances are that if you have active children or elderly parents, you're familiar with the medical specialty of orthopedics. Because whether you or a family member has needed treatment for strains, sprains, sport-related injuries, or has chronic back pain, needed joint replacement, or suffers from severe arthritis, an orthopedic surgeon has most likely provided or supervised your care.

**ACCORDING TO THE AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS, APPROXIMATELY 31 MILLION VISITS WERE MADE TO PHYSICIANS' OFFICES DUE TO BACK PROBLEMS.**

According to the American Academy of Orthopaedic Surgeons (AAOS), orthopedics is a medical specialty that focuses on injuries and diseases of your body's musculoskeletal system. This complex system includes your bones, joints, ligaments, tendons, muscles and nerves and allows you to move, work, and be active.

According to the AAOS, musculoskeletal symptoms were the number two reason people saw their doctor. AAOS data also shows that approximately 31 million visits were made to physicians' offices due to back problems in 2003, the most recent data available. This number includes more than 10 million visits for low back pain.

Saint Anthony Memorial in Michigan City, announced the opening of the new HealthPartners Orthopedics, a clinic focused on providing

comprehensive orthopedic care, located at 1225 E. Coolspring Avenue in Michigan City, Indiana.

Residents of the Michigan City area can now receive the most comprehensive and minimally-invasive orthopedic care—including diagnostic imaging, surgery, pain management and physical, occupational, speech and neuromuscular therapy services at one location.

When you, or a family member require orthopedic care, your visit will start with a personal interview and physical examination. This may be followed by diagnostic tests such as blood tests, X-rays or other diagnostic imaging, or other tests depending on your symptoms. Your orthopedic surgeon will then discuss the diagnosis and available treatment options with you and help you select the best plan to help you live an active and functional life.

#### Orthopedic specialty requires extensive education and training

Orthopedic surgery is a medical specialty that requires physicians to be highly educated and highly trained. Starting with at least 10 years of post-secondary education, orthopedic surgeons must also demonstrate their mastery of orthopedic knowledge by passing both oral and written exams given by the American Board of Orthopaedic Surgery.

Routinely performed orthopedic surgeries:

- Arthroscopy—use of special cameras and equipment to visualize diagnose and treat problems inside a joint
- Fusion—fusing bones together with bone grafts and internal devices (such as metal rods) to heal into a single solid bone
- Internal Fixation—use of metal plates, pins or screws to hold the pieces of a broken bone in proper position while it heals
- Joint Replacement (partial, total, revision)—replacement of an arthritic or damaged joint with an artificial joint called a prosthesis

- Osteotomy—correction of a bone deformity by cutting and repositioning the bone
- Soft tissue repair—mending soft tissue, such as torn tendons or ligaments

While all orthopedic surgeons are familiar with all aspects of the musculoskeletal system, many additionally choose to specialize in areas such as the spine, joint replacement, sports medicine, or pain management.

Many leading orthopedic medical groups also feature a rheumatologist, a physician specifically knowledgeable in the latest treatment options for arthritis and other diseases of the joints, muscles and bones—causing swelling and stiffness of joints and painful movements of muscles.

As part of its comprehensive approach to orthopedic care, HealthPartners Orthopedics has a rheumatologist as part of our physician team, one who is board-certified in both internal medicine and rheumatology.

According to AAOS data arthritis is the leading chronic condition reported by the elderly. There are more than 100 types of arthritis, yet most people suffer either from osteoarthritis or rheumatoid arthritis.

#### Therapy major component of orthopedic care

From the diagnosis of your injury or disorder, to development of a treatment plan—orthopedic surgeons may also prescribe rehabilitation through exercise or physical therapy to restore movement, strength and function, and include information and instruction to prevent injury or slow the progression of diseases.

Therapy is a major component of any orthopedic procedure. And depending on the diagnosis, doctors may elect to begin a treatment plan with therapy as a way to address a patient's condition.

Through extensive training, therapists treat a broad range of conditions, including strokes and other neurological

disorders; injuries to muscles, bones, tendons and ligaments; back and neck pain; following a cardiac condition or procedure, illness, surgery; and childhood diseases or workplace injury.

#### Physical Therapy

Physical therapists treat patients using the properties of water, light, sound, electricity, heat, cold and exercise, to restore function, relieve pain and reduce the effects of injury or disease.

#### Occupational Therapy

Occupational therapists treat patients with illnesses or injuries that affect their ability to carry out tasks required

#### Aquatic Therapy

Patients who have difficulty performing activities on land can benefit greatly from the aquatic environment and its ability to lessen the effect of gravity. Aquatic therapy utilizes the buoyancy and resistance of water to assist in performing therapeutic exercises.

#### Speech Therapy

Speech and language pathologists treat patients with physical or cognitive challenges or disorders that lead to difficulty with communication.

Therapists at HealthPartners Orthopedics are Masters' Degree-prepared—some of

## Common Types of Arthritis

### Osteoarthritis

- **Develops when the cartilage, the cushion at the end of bones, breaks down.**
- **Causes pain and stiffness in the joints of the hands, knees, hips, feet, or back.**
- **Affects about 21 million adults, mostly women.**

### Adult Rheumatoid Arthritis

- **Develops when the body's immune system attacks the joint.**
- **Causes inflammation and severe pain in wrists, hands, and feet; also causes pain in neck, elbows, shoulders, knees, hips and ankles.**
- **Affects over two million people, mostly women over age 45.**

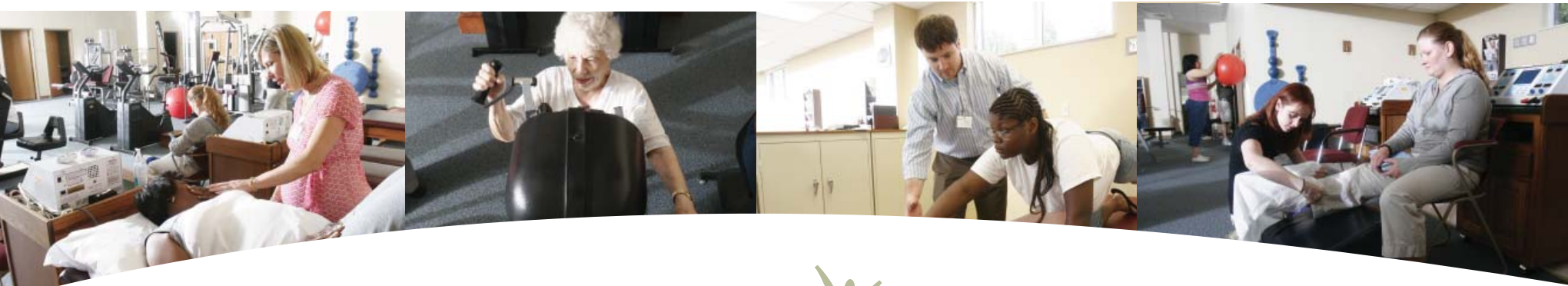
for daily living. Occupational therapy focuses on restoring the skills necessary to manage self-care activities, move safely within the home and community, and prepare to return to work.

#### Neuromuscular Therapy

An option for certain orthopedic conditions neuromuscular therapy is a specialized form of massage therapy that stimulates specific areas of the skeletal muscle. Treatments are often uncomfortable because the therapist attempts to work directly on the most painful tissues.

the best prepared and most sought-after professionals in the country.

**For more information on orthopedic care and therapy services, ask your physician or contact HealthPartners Orthopedics at 219-861-8161.**



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**HealthPartners  
Orthopedics**  
Saint Anthony Memorial