

Holy Cross Hospital physicians perform thousands of orthopedic procedures each year, including hundreds of joint replacement surgeries. As the second largest hospital in Maryland, we offer a broad range of services and procedures to help alleviate your joint pain – from mobility and exercise classes to joint replacement surgery. Because each person’s joint pain is different, we tailor treatment plans to each individual’s needs.

Learn What to Expect From Joint Replacement

We offer a free pre-operative class where you can meet some of your caregivers, see our facility and learn more about what will happen before, during and after surgery.

The pre-operative class is offered on the first and third Mondays of each month from 2 to 4 p.m. in the Holy Cross Hospital Professional and Community Education Center. If you have a friend or family member who will support you through this process, please encourage him or her to attend the class with you.

To register, call 301.754.7929



Holy Cross Hospital is conveniently located in Silver Spring, Md., just off the Capital Beltway at Georgia Avenue (exit 31A).



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Holy Cross Hospital Joint Center

Life is about being active, living to the fullest and enjoying family and friends. Pain from hurting joints can mean doing less, limiting activity and missing out. But people who experience chronic, severe joint pain have many treatment options.



Surgical Expertise

Our orthopedic surgeons are pioneering the latest minimally invasive treatments. These procedures relieve joint pain and increase joint function while preserving – instead of replacing – as much of your natural joint and bone as possible.

Arthroscopic and mini-incision techniques are used to replace and restore joints in the knee, hip, hand and shoulder. Procedures performed include:

- repair of the knee, ankle, shoulder, hip, elbow and wrist (joint and fracture repair)
- ligament surgery of the knee
- rotator cuff repair
- total hip replacement – hip arthroplasty
- total knee replacement – knee arthroplasty
- total shoulder replacement

Using a multidisciplinary approach, each joint procedure is designed to meet your individual needs and help you reach your personal goals – most importantly, encouraging your independence.

A Comprehensive Medical Team

The Holy Cross Hospital Joint Center offers a highly qualified team of experts including orthopedic surgeons, radiologists, anesthesiologists, specially trained and caring nurses, licensed physical and occupational therapists, pain management specialists, pharmacists and case managers.



To learn more about joint services, visit www.holycrosshealth.org. If you have questions about our joint services, call 301.754.7929 or e-mail jointcenter@holycrosshealth.org.

Joint Replacement

Making the Decision

Joint replacement surgery is a common and effective procedure that can relieve pain and improve your quality of life. The decision to have joint replacement surgery may be significant, but we are here to help you through the process, from pre-surgical planning through recovery. Because of our depth of experience and expertise, we can respond to both physical and emotional concerns with true understanding and support.

Small Incisions, Big Advances

Our orthopedic surgeons make the smallest incisions necessary and separate tissue instead of cutting it, resulting in less pain, a shorter healing process and less scarring.

Your Personal Coordinator

A personal total joint surgery coordinator will coordinate your inpatient services and support you throughout the process, from admission to discharge.

Comfort and Support

We understand the importance of family and friends as you recover from surgery. Here are a few ways we support your comfort and their involvement.

- *The surgeon will discuss your case with you and your family.*
- *There is a couch in each patient room, ensuring friends and family can be comfortable.*
- *The hospital has open visiting hours, 24 hours a day, seven days a week, so friends and family can be by your side throughout this process.*
- *You can order room service meals for yourself and a family member or friend.*

www.holycrosshealth.org



In 2006, our orthopedic surgeons performed more than 2,500 orthopedic procedures, including 600 joint replacement surgeries.

Planning for Recovery

We help you prepare for recovery even before your surgery begins, through our pre-operative class.

While you are recovering in the hospital after surgery, you will follow a standardized care plan that ensures coordinated nursing care, pain management and physical and occupational therapy that helps to progress your activity.

Our case managers work closely with you, your surgeon and members of your health care team to be sure you have the care you need when you are discharged from the hospital.

Whether you return home to receive home health care or go to a rehabilitation center, our goal is to start you on the path toward a healthy recovery and independence.