

ABOUT ORTHOPAEDIC ASSOCIATES

Orthopaedic Associates diagnose and treat patients with disorders of the musculoskeletal system. Orthopaedic Associates is part of Fort HealthCare's Fort Medical Group network of clinics.

ABOUT FORT MEDICAL GROUP

Part of Fort HealthCare, Fort Medical Group is a multi-disciplinary network of medical clinics providing highest quality health care and counsel in an environment of integrity, trust, value and convenience. We serve individuals, families and businesses in locations throughout Jefferson County and surrounding communities. From pediatrics to geriatrics, from eye care to surgical care, from women's health to family health, count on our team of professionals who are each dedicated to excellence.

ABOUT FORT HEALTHCARE

Fort HealthCare is a leading network of quality care providers, dedicated to the health of communities throughout Jefferson County and beyond, that includes Fort Memorial Hospital, Fort Medical Group Clinics, Behavioral Health, Home Health, Business Health and a partnership with UW Cancer Center Johnson Creek.

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Orthopaedic Associates

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Welcome to Fort HealthCare Orthopaedic Associates

AN INTRODUCTION TO ORTHOPAEDICS

Orthopaedics is the branch of medicine that focuses on the diagnosis, treatment, rehabilitation and prevention of 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.

At Fort HealthCare Orthopaedic Associates, you'll have access to the highest quality specialists and surgeons who will manage and treat your concern with the utmost care and expertise.

BRINGING YOU THE BEST

The board-certified physicians at Orthopaedic Associates combine years of experience, the latest medical innovations and a network of care to bring you the most comprehensive treatment available. Our professional staff is dedicated to finding solutions that work best for you.

Our physicians are experts at the evaluation and care of orthopaedic conditions and injuries in pediatric, adult, and geriatric patients. If you have questions or a physical concern, our doctors will listen and provide an answer based on their considerable experience. You can trust our care and concern for you, your body and your family.



A QUICKER RETURN TO HEALTH

Patients at Fort HealthCare Orthopaedic Associates benefit from technological advances such as joint replacement and the arthroscope that allows the orthopaedist to look inside a joint. Fracture care is a significant portion of the practice at Fort HealthCare Orthopaedic Associates. We specialize in comprehensive care for surgical and nonsurgical problems, from arthritis to sprains and strains.

Our physicians have special training and provide expert care in all major areas of orthopaedics, including:

- Arthritis
- Arthroscopy of the
 - Ankle
 - Elbow
 - Knee
 - Shoulder
 - Wrist
- Birmingham Hip Resurfacing
- Foot and Ankle Surgery
 - Heel pain / plantar fasciitis
 - Bunions and hammertoes
- Fracture Treatment
- Joint Replacement Surgery
 - Hip
 - Knee
 - Shoulder
- Pediatric Surgery
- Rehabilitation
- Sports Medicine
- Workers' Compensation



WHAT YOU SHOULD EXPECT ON YOUR FIRST VISIT

On your first visit, please plan to arrive at our offices approximately 15 minutes prior to your appointment so we can update your records. Be sure to bring your private or government insurance information, and details on any medication you are currently taking. New patients can expect a phone call prior to your visit to obtain current medical, surgical and medication history.

Your visit will begin with a personal interview and physical examination. This may be followed by diagnostic blood tests, X-rays, or other tests. For most orthopaedic diseases and injuries there is more than one form of treatment. Our specialists will discuss the treatment options with you and help you select the best plan to enable you to live an active and functional life.



YOU ARE PART OF OUR TEAM

Research shows that patients who take an active role in their care get better results, so consider yourself a member of our healthcare team. Good communication between you and your physician is paramount to the success of your treatment. We welcome your questions and have provided the following checklist to help you get the most out of your visit to our office.

- Be honest and complete in describing your concerns, even if you are experiencing things you might consider embarrassing.
- Take notes on what the doctor tells you and ask for clarification of medical terms you don't understand.
- Talk to other members of the healthcare team, if necessary.
- Follow the doctor's instructions and take the full course of medication as prescribed.
- Keep your doctor informed of any changes in your condition.

QUESTIONS TO ASK AT YOUR VISIT OR LATER:

- What should I expect from my treatment? What effect will it have on my daily activities?
- What can I do to prevent further injury or disability?
- Where can I get additional information? (internet, handouts or brochures)
- Are there any alternatives to the treatment being recommended?
- What are the risks involved?
- What is the success rate for the procedure and how is it done?
- What will happen if I don't have the treatment now?
- Who will perform the procedure?
- Will I need any tests prior to the procedure?
- Will I have pain following the procedure and if so, what relief will I be given?
- How long will the recovery take? Will I need physical therapy? When can I return to work or drive my car?

Consider asking a friend or family member to accompany you. Ask questions, understand your treatment, follow instructions, and you will soon be on the road to recovery.