



# The Joint Connection

A publication of  
The Joint Replacement Center  
at Lawrence Hospital



Michael Elia, MD, meets with his patient Jody Glassman, of Yonkers.

## JOINT REPLACEMENT SURGERY IS BETTER CLOSER TO HOME

Jody Glassman, 54, had been struggling with hip pain for more than six years. She says it was brought on by herniated disks in her back. Every time she walked, it hurt.

Glassman says the discomfort also made it hard to go from sitting to standing. It began to affect her lifestyle, and that's when she knew she had to do something about it. "Loading up on over-the-counter pain medicine wasn't the answer, and I noticed I was staying in more and not getting out the way I used to," says Glassman.

A nursery school director and mother of two adult children from Yonkers, Glassman sought out orthopedic surgeon Michael Elia, MD, for care. "Dr. Elia had been treating several other members of my family for years. He told me I had arthritis in my hip and at some point I'd need replacement surgery," adds Glassman.

Glassman started researching hip replacement surgery options. She even asked her friends what they knew about it. All of them encouraged her to go into the city to have surgery. But Jody wasn't sold on the idea. "Everyone kept telling me, 'Go to the city. You'll get the best care there.' After meeting with Dr. Elia, I knew I wanted him to do my hip replacement surgery using the anterior approach

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—JODY GLASSMAN, 54,  
HIP REPLACEMENT PATIENT

[in which the joint is accessed via the front, or anterior, of the hip]. And I am so grateful that I did," says Glassman. The anterior approach to hip replacement surgery limits the amount of incision, which usually leads to faster healing.

Glassman was so pleased with Dr. Elia and the outcome of her surgery at Lawrence Hospital Center that she contacted hospital administrators to tell her story. "The staff was amazing. I was told what to expect before my operation, and I felt so at ease. And the same day I had surgery, I was up and walking. The care was incredible, and I felt I had to tell the folks at Lawrence what a great job everyone did," she says.

Glassman says she felt so good she returned to work the next week. She's also pain-free. "I tell all my friends about Lawrence and the Joint Replacement Program there. In fact, I actually have a friend who had the same surgery in the city a few weeks before I did, and he wasn't doing

nearly as well as I was post-op. It's so good to have my life back," Glassman says with a smile.

### Don't Ignore Your Pain

Connect with a Lawrence Hospital Center orthopedic surgeon by calling The Joint Replacement Center at 1-855-279-8071 or visit [www.lawrencehealth.org/jointreplacementcenter](http://www.lawrencehealth.org/jointreplacementcenter).

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The members of the Rehabilitation Services Department at Lawrence Hospital Center serve patients with a strong level of expertise and compassion.

# Physical Therapy Is Important Recovery Tool for Joint Replacement Patients

Before patients undergo joint replacement surgery, Lawrence Hospital Center's physical therapists are preparing them for what to expect following an operation. "Our therapists participate in the Joint Program's Pre-Operative Education classes. They explain to patients how important physical therapy is to their recovery and show them some of the tools we use to help them regain their mobility. Patients are also provided information booklets that include exercises outlining their immediate post-operative goals," explains Debby Diamond, Director of Physical Medicine and Rehabilitation at Lawrence.

If additional rehabilitation services are required upon discharge from the hospital, treatment can be provided at one of two off-site venues conveniently located in Eastchester and Scarsdale. That's where Lawrence physical therapists will continue to offer expert care in a supportive environment to help you

improve your level of function. There is also free parking and extended hours to provide patients with added flexibility.

Diamond adds her staff is experienced, professional and licensed by New York state. They also have specialized training in manual techniques, which allows them to incorporate a variety of modalities and exercise equipment.

## Our Physical Therapists Are Here for You

Whether you've had a joint replaced, are recovering from a stroke or accident, or you have sustained an injury, our highly skilled and compassionate team of physical therapists can get you back in motion. To learn more about rehabilitation services at Lawrence, call **914-787-3370**.

## LHC's Joint Replacement Nurses Are Committed to Quality

"Our goal this year is to execute excellence day in and day out when caring for our patients and their family members," says Nurse Manager Dionne Bernadel, RN. Bernadel heads up the team of nurses on the unit that treats joint replacement patients following surgery. At Lawrence Hospital Center, the unit is known as 5 South. The nurses at 5 South and throughout Lawrence take special pride in caring for their patients. That commitment can be seen in part by their focus on building skills and staying abreast of the latest best practices to further enhance the quality of care they provide. "We are laser-focused on our quality standards and

always identifying innovative ways to improve the patient experience," Bernadel says. The 5 South group has also launched a unit-based Shared Governance Council, in which frontline professional nurses take an active role in redefining and transforming nursing care at the bedside.

Bernadel says it's exciting to engage with patients and get them ready for discharge. But not all of them are so eager to leave. Bernadel remembers a letter from one of her patients, which said, "I am treated with such warmth and handled with care. I don't want to go home."

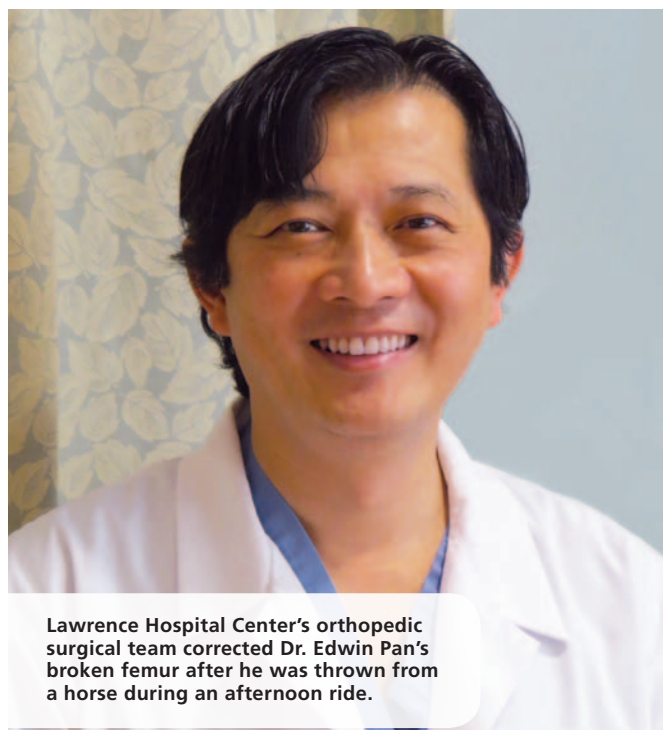


A full team of clinicians treat joint replacement patients at Lawrence. These are some of the nurses on 5 South that provide professional and compassionate care following surgery.

# Orthopedic Surgeons Heal One of Our Own

Even doctors find themselves confronted with medical emergencies. Case in point: During what was to be a relaxing afternoon of horseback riding, a Lawrence Hospital Center physician landed in harm's way, facing a serious injury that required immediate attention.

Edwin Pan, MD, OB-GYN, was recently enjoying an afternoon ride with Lawrence pediatrician Jose Boyer, MD, when suddenly Dr. Pan's horse had a misstep and collided with a fence. The impact sent Dr. Pan to the ground with a frightening injury. The Georgetown University Medical School graduate knew something was terribly wrong



Lawrence Hospital Center's orthopedic surgical team corrected Dr. Edwin Pan's broken femur after he was thrown from a horse during an afternoon ride.

with his leg. Recognizing the severity of his injury, Dr. Pan understood he had to get to a hospital fast. But rather than go to two Westchester County hospitals that were nearest the accident, Dr. Pan instructed the ambulance driver to go straight to Lawrence. "I knew that our orthopedic surgeons were some of the best, and I trusted them to care for me better than anyone else would," Dr. Pan says.

Upon arrival, the Lawrence physician was stabilized, and X-rays confirmed that his femur (thighbone) had been snapped in half. With no time to waste, the hospital's orthopedic surgical team jumped into action. They combined state-of-the-art instrumentation with minimal incisions, all while under X-ray-guided direction. "This is where I practice, so it was easy to choose Lawrence," Dr. Pan says. "Plus, following my surgery I knew I would need physical therapy. Dr. Ralph Pici and our PT (physical therapy) staff got me up and moving the next day, and I never looked back."

Seven days after his surgery, Dr. Pan delivered two babies. Today, he is ready to get back in the saddle.



## Protect Your Knees from Strains and Sprains

To avoid knee injury, and the long recovery process, the best strategy is prevention. Teenagers, whose muscles have not fully grown, are more prone to knee injuries. Problems also can develop with age as the cartilage in joints becomes less "rubbery" and is more easily injured.

Certain sports, such as running and basketball, put pressure on knees. Women athletes in these sports have a higher rate of knee injuries than men do. Various factors may play a role, including hormonal changes.

Here are some tips to help you spare your knees:

- Before exercising, warm up by walking for five minutes. Then perform slow, easy stretches—particularly on your thighs.
- Strengthen leg muscles that support your knees by walking up stairs or riding a bike. Strength-training exercises also can help.
- Rest if you feel pain or fatigue in your knee.




Edward M. Dinan  
President/CEO

Tracy Conte  
Vice President of Marketing and  
Development

Alisa White Holland  
Director of Marketing and  
Communications

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Lawrence Hospital  
55 Palmer Avenue  
Bronxville, New York 10708-3491

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Lawrence Hospital Center's *The Joint Connection* provides you with education about your joint, bone and muscle health, along with the latest from the hospital's Joint Replacement Center. Missed an issue? Read it by visiting [www.lawrencehealth.org/jointreplacementcenter](http://www.lawrencehealth.org/jointreplacementcenter).



Patients of The Joint Replacement Center dance the night away at the Fourth Annual Joint Reunion Party at the Lake Isle Country Club in Eastchester. The party celebrates patients' improved lives thanks to joint replacement surgery.

## 4th Annual Joint Reunion Party

The party keeps getting bigger and livelier. That was the feeling at Lawrence Hospital Center's fourth annual Joint Reunion Party held at Lake Isle Country Club in Eastchester. More than 100 partygoers and their guests turned out to celebrate the newfound wellness of the hospital's former joint replacement surgery patients.

The party was also a time for patients to reconnect with surgeons, nurses, physical therapists, dietitians and others who cared for them during their stay at Lawrence. "It's always so rewarding to see our patients dancing and moving after they've gotten their new hips and knees. This is what it's

all about—helping them to become pain-free again and regain their mobility," says Mary Anne Rittenhouse, RN, Total Joint and Spine Care Coordinator for The Joint Replacement Center.

### You Can Get Help, Too!

If you've been experiencing joint pain, call The Joint Replacement Center at Lawrence Hospital at **914-787-2244** or visit [www.lawrencehealth.org/jointreplacementcenter](http://www.lawrencehealth.org/jointreplacementcenter) for information about our services.

### HOW MUCH DO YOU KNOW ABOUT JOINT PAIN?

Joint pain has a variety of causes and treatments. Learning the facts about this common condition can help you find relief for your symptoms. To assess how much you know about joint pain, decide if the following statements are true or false, then check your answers. Take steps to increase your knowledge as needed.

1. Arthritis is the major cause of joint pain.  
True False
2. Basic wear and tear caused by overuse and injury can also cause joint pain.  
True False
3. Most joint pain is treated with surgery.  
True False
4. Stretching makes joint pain worse.  
True False
5. You should contact your doctor right away if you have joint pain.  
True False

### Answers

1. True.
2. True.
3. False—there are many nonsurgical ways to treat it.
4. False—it's often recommended because flexibility and mobility alleviate the pain.
5. False—first try self-care, such as rest, stretching and warm baths. Contact your doctor if the pain lasts longer than three days or if you have severe unexplained joint pain.

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