



### Recovery & Rehabilitation

The Regional Joint Center is recognized for producing consistently exceptional patient outcomes. Individualized treatment and minimally invasive procedures frequently result in reduced blood loss, less pain and faster recovery.

We implemented the Comprehensive Joint Replacement Program, including our Continuum of Care, in 2005. Now more than 70% of our joint replacement patients go directly home after recovery –confident in their skills and prepared to return to an independent environment. Collaborative efforts between our surgical team, orthopaedic unit and on-site therapists, help shape these outstanding results.

For many patients, integrated exercise programs are part of their post-operative care. Outpatient Rehabilitation Services at the Queen of the Valley's award-winning Wellness Center offers specialized programs to meet a wide variety of patient needs including Balance/Fall Risk Reduction (featuring the Wii Fit System) and Aquatic Rehabilitation. Patient alumni may also join Synergy, the Medical Fitness Center at the Wellness Center, to continue their recovery. Ongoing communication between therapists and Synergy fitness staff maximizes the patient benefits of a customized progressive exercise program.

## AT THE FOREFRONT OF JOINT CARE EXCELLENCE

Situated in the heart of the world-renowned Napa Valley, the Regional Joint Center at the Queen of the Valley Medical Center provides total joint care by the area's leading team of surgeons, anesthesiologists, nurses and physical therapists. From diagnosis to treatment, surgery through recovery, our experience, state-of-the-art technology and commitment to individualized treatment, sets the Regional Joint Center apart.

We offer:

- Dedicated orthopaedic unit with on-site rehabilitation gym
- Nationally-certified nurses with recognized expertise in orthopaedic nursing
- Comprehensive joint replacement program featuring minimally invasive procedures and advanced technology
- Compassionate care and personalized treatment

Queen of the Valley Medical Center is a Recognized Blue Distinction Center\* for knee and hip replacement by Blue Shield of California®, and a designated Premium facility\*\* for total joint replacement by UnitedHealthcare.

\*Footnote: Issued by Blue Shield of California to Queen of the Valley Medical Center for adhering to best practices in patient safety and surgical care and producing consistently strong outcomes with fewer complications

\*\*Footnote: UnitedHealthcare® developed the UnitedHealth Premium® designation program to recognize doctors and specialty centers that meet guidelines for providing quality and cost efficient care.

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Looking for just the right Orthopaedic surgeon?  
Call 1-800-527-ORTHO (1-800-527-6784)

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Queen of the Valley  
Medical Center   
ST. JOSEPH  
HEALTH SYSTEM

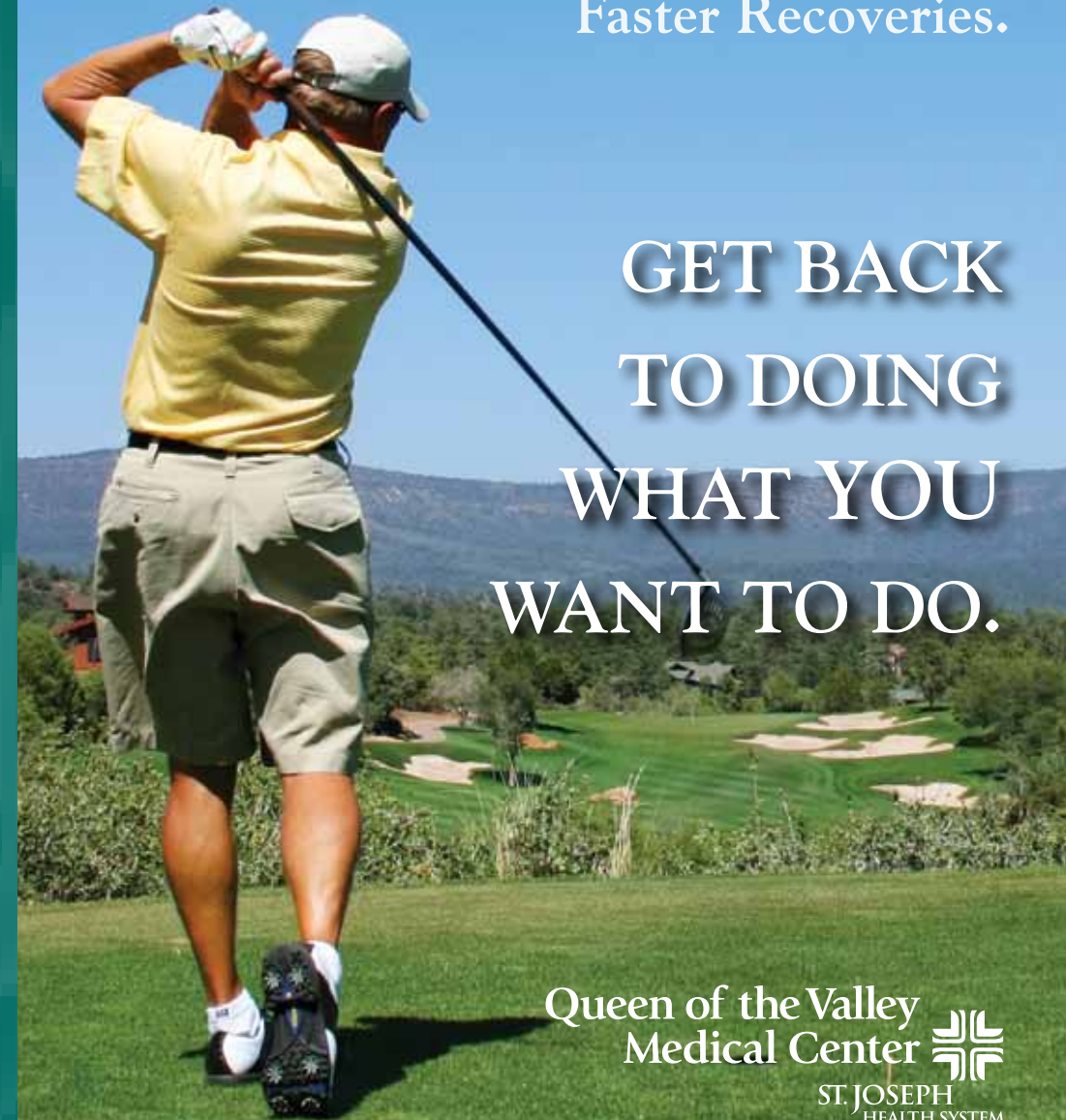
1000 Trancas St., Napa, CA 94558  
(707) 252-4411  
[www.thequeen.org/ortho](http://www.thequeen.org/ortho)

# REGIONAL JOINT CENTER

Comprehensive Continuum of Care.

Individualized Treatments using  
Advanced Technology.

Improved Outcomes with  
Faster Recoveries.



GET BACK  
TO DOING  
WHAT YOU  
WANT TO DO.

Queen of the Valley  
Medical Center   
ST. JOSEPH  
HEALTH SYSTEM



## OUR COMPREHENSIVE JOINT CARE PROGRAM

Our multidisciplinary joint care team offers an unparalleled level of expertise and experience in caring for degenerative joint conditions. We diagnose each patient individually and develop a personalized treatment plan that meets your needs. Our comprehensive approach makes joint replacement feasible for older patients who may not otherwise be ideal candidates, and younger patients who may historically have chosen to delay surgery.

Where appropriate, we begin with a conservative course of nonsurgical treatment to relieve hip and knee pain and inflammation. Your nonoperative care may include: lifestyle modification, physical therapy, anti-inflammatory medications, dietary supplements and/or technologically-advanced injections. Nonoperative care may enable patients to sustain functional mobility without surgery lasting weeks, months or years. When it comes time for surgery, your dedicated joint care team will work to return you to your regular activity.

### Minimally Invasive Hip Replacement

The regional leader in hip replacement, our team puts their experience, state-of-the-art techniques and instrumentation, and proven results to work for you.

As a leader in Anterior Approach Hip Replacement, the Regional Joint Center is at the forefront of minimally invasive hip replacement surgery. Queen of the Valley Medical Center is one of few area facilities to offer the Hana Table and its unique capability to position the patient's leg so that surgeons may perform "muscle sparing" hip replacements. This results in less muscle damage and typically less pain and faster recovery.

Our highly skilled team provides the following minimally invasive hip surgeries:

- Anterior Approach Total Hip Replacement
- Total Hip Replacement
- Hip Resurfacing
- Bilateral Hip Replacement
- Revision Hip Surgery



### Computer-Navigated Knee Replacement

At the Regional Joint Center, we combine our extensive knee replacement experience with mechanical accuracy in computer-navigated knee replacement. Computer navigation helps to guide the surgeon in cutting, creating and precisely aligning surfaces and implanting artificial components. This advanced technology eliminates "guesswork" during surgery, and produces less damage to the bones, with better outcomes and potentially faster recovery.

Our expert team provides minimally invasive knee surgeries including:

- Partial Knee Replacement (PKR)
- Oxford Partial Knee Replacement
- Total Knee Replacement
- Bilateral Knee Replacement
- Revision Knee Surgery



## CONTINUUM OF CARE

We provide comprehensive care, from diagnosis to pre-hospitalization orientation, inpatient recovery through outpatient rehabilitation... our continuum of care has you covered.

### Advance Preparation

For joint replacement candidates, the Regional Joint Center offers extensive educational and orientation resources featuring:

- Total Joint Class at the Queen of the Valley's Wellness Center – patients and caregivers will learn what to expect in joint replacement surgery and receive a customized joint replacement book
- Dedicated orthopaedic line (707-251-3509) to answer patient questions



- Expert on-site physical and occupational therapists provide instruction on adaptive equipment, physical therapy and home modification
- Convenient preadmission services with in-person and telephone interviews to determine patient needs during hospitalization
- QVMC joint replacement alumni volunteers offer first-person experience joint replacement candidates and patient



### Hospitalization

Our highly specialized approach to inpatient services includes:

- Multidisciplinary surgical team that collaborates on all aspects of your joint procedure to produce an optimum outcome
- Certified orthopaedic nurse assist you during recovery, managing pain and swelling
- Dedicated rehab gym in the orthopaedic unit for on-site physical and occupational therapists to help patients regain their mobility and self-care skills

