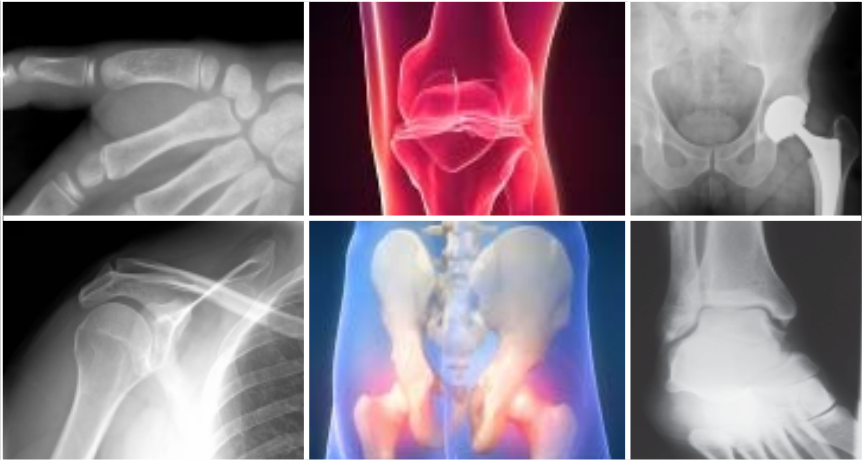


JEFFERSON REGIONAL MEDICAL CENTER

Jefferson Regional Medical Center

Providing Choice for Orthopedic Services



Our Focus is
MEDICAL EXCELLENCE.SM

Mission Statement

Jefferson Regional Medical Center partners with its employees, communities and physicians to address current and developing health needs with quality medical, preventative and related services. All services are delivered with sensitivity to the clinical, emotional and spiritual needs of the individual.

MEDICAL EXCELLENCE.SM

The Orthopedic Surgery Program at Jefferson Regional Medical Center is recognized as one of the very best in Southwestern Pennsylvania because we offer a comprehensive array of capabilities that focus on the well-being and comfort of the patient.

Whether your surgery requires an overnight stay or an outpatient visit to the Jefferson Surgery Center, your procedure and care are conducted by certified professionals and backed by the full resources of Jefferson Regional Medical Center.



Insurance Plans: Jefferson Regional Medical Center provides high quality care in partnership with major insurance companies, currently accepting nearly 70 different health insurance plans, such as Highmark and UPMC Health Plans. For a complete listing, visit www.jeffersonregional.com/insurance. Please call (412) 469-5368 if you have questions about insurance plans.

The First Step in Your Orthopedic Care – Becoming an Educated Consumer

At Jefferson Regional Medical Center, we believe each patient's symptoms and cause of orthopedic discomfort are unique. It only follows that the diagnosis and treatment for your specific joint pain or injury deserves an equally unique approach; one that is tailored to your specific needs and circumstances.

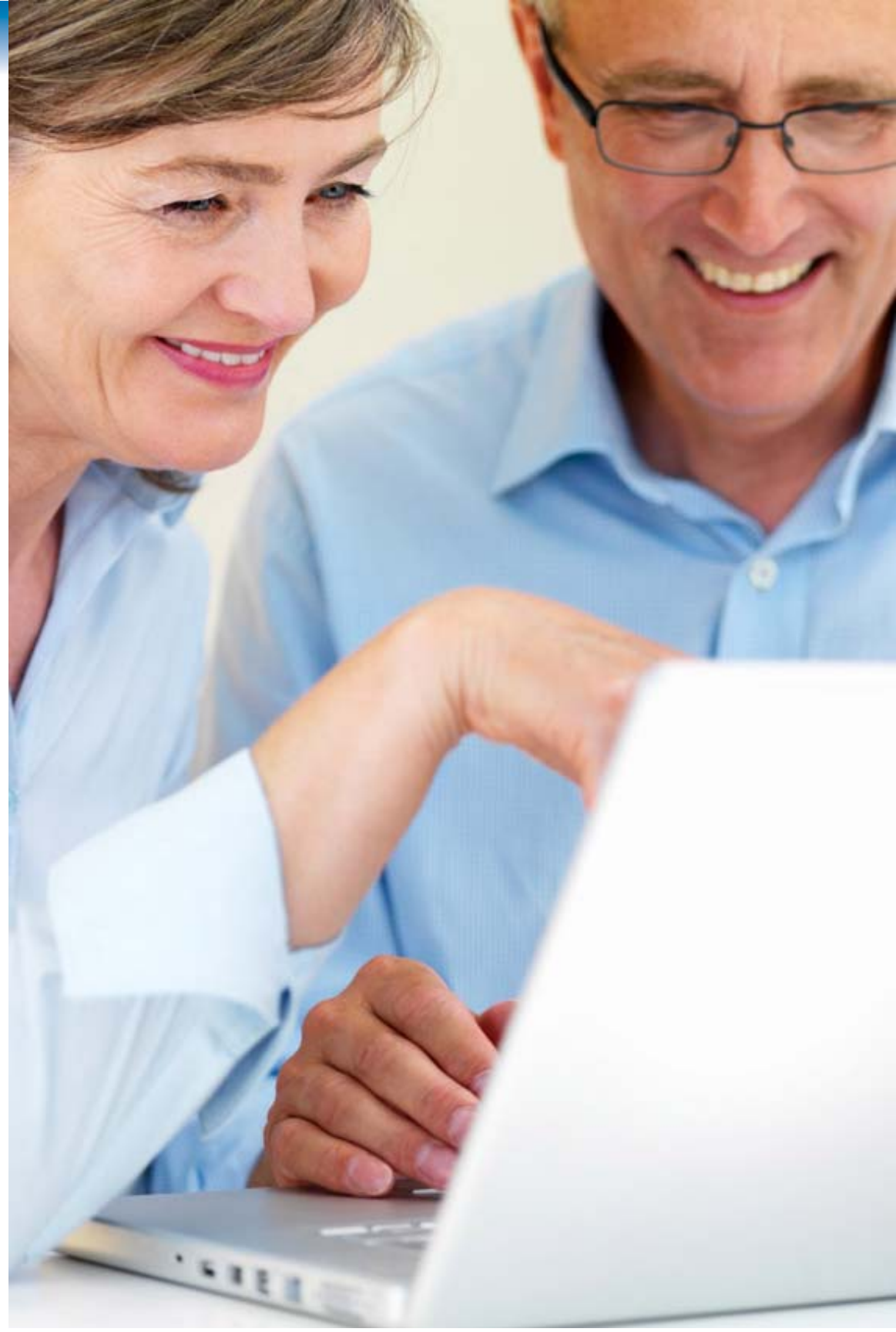
Our team of clinical professionals, from surgeons and nurses to therapists, pharmacists, anesthesiologists and radiologists, join together to develop a treatment program for every patient who comes to Jefferson Regional for orthopedic care. Our goal is to empower you to make the choices that will provide the best opportunity for a full recovery and return to your normal activities.

We offer free Hip and Knee Pain Seminars in the Bibro Pavilion at Jefferson Regional Medical Center and at the Jefferson Regional Health Pavilion in Bethel Park. These educational sessions are led by the director of Orthopedic Services at Jefferson Regional, Brett Morgan. Begin your journey in developing your proactive approach to recovery from debilitating knee or hip pain by calling 412-469-7100 to find the date, time and location of the next free seminar most convenient for you.

To contact Brett Morgan directly, call 412-469-5298.



The road to recovery from debilitating knee or hip pain can begin with a free seminar to learn about causes and treatments. Call 412-469-7100 or visit jeffersonregional.com for a schedule of upcoming sessions.



The Second Step in Your Orthopedic Care - Choosing an Orthopedic Surgeon

You should proactively participate in choosing the orthopedic surgeon who will lead your care. Jefferson Regional's orthopedic program offers a diverse group of surgeons who are certified by the Board of Orthopedic Surgery and the American Academy of Orthopaedic Surgery.

Many of the surgeons are Pittsburgh natives and have studied at the University of Pittsburgh School of Medicine. Others have studied at Johns Hopkins, Duke, Georgetown and Yale, to name a few. They have experience in Pittsburgh's city hospitals but are loyal to Jefferson Regional Medical Center. You may choose from four different groups of orthopedic surgeons at Jefferson Regional.

Hand & Upper Ex Center

(724) 933-3850

Locations: Clairton and Wexford

Pittsburgh Bone and Joint Surgeons

(412) 267-5040

Locations: Jefferson Hills, McKeesport, Homestead, Upper St. Clair

Steel Valley Orthopedic Associates, P.C.

(412) 469-1660

Locations: Jefferson Hills, Bethel Park, Forest Hills

The Orthopedic Group, P.C.

(412) 379-5802

Locations: Mt Lebanon, Belle Vernon, Charleroi, Uniontown

We offer the area's most advanced rehabilitation facilities and best-trained health professionals. And, to better serve the community, our rehabilitation services are available at three convenient outpatient locations.



Choosing an Orthopedic Surgeon

Hand & Upper Ex Center (724) 933-3850

Locations:

Clairton and Wexford

Marshall L. Balk, MD, is board certified by the American Board of Orthopedic Surgery with the certificate of Added Qualifications in Hand Surgery. After obtaining his undergraduate and medical degrees from the University of Pennsylvania, he completed a residency in orthopedic surgery at the University of Pittsburgh and a fellowship in hand and upper extremity at Allegheny General Hospital. Dr. Balk has served as one of the senior editors for the textbook, *Musculoskeletal Medicine*, sponsored by the American Academy of Orthopaedic Surgeons. He serves on the board of directors of Orthopaedics Overseas and has completed voluntary assignments with Orthopaedics Overseas in Honduras, Peru and Africa. He is a clinical assistant professor of orthopedic surgery at the University of Pittsburgh School of Medicine.

Aaron G. Grand, MD, joined the Hand & Upper Ex Center in August 2004. After graduating from Yale University School of Medicine, Dr. Grand successfully completed a plastic surgery residency in St. Louis and a fellowship in hand and upper extremity surgery at the University of Pittsburgh. He returned to the Pittsburgh region after working in private practice in Oklahoma City. Dr. Grand has published numerous articles and has accumulated an impressive list of professional accomplishments.

Pittsburgh Bone and Joint Surgeons (412) 267-5040

Locations:

Jefferson Hills, McKeesport, Homestead, Upper St. Clair

Eric C. Chamberlin, MD, a Pittsburgh native, graduated from the College of Wooster and the University of Pittsburgh. He earned his medical degree from the University of Pittsburgh. He completed his internship and orthopedic residency at Carolinas Medical Center. Dr. Chamberlin completed a spine surgery fellowship at the University of Pittsburgh Medical Center. He now resides in Pittsburgh's South Hills.

David B. Hartmann, MD, has practiced in the Pittsburgh area for more than 25 years. He earned a Bachelor's degree from Columbia University in New York and his medical degree at Boston University. Following internships at the Medical College of Virginia, Dr. Hartmann completed surgical residencies at the University of Southern California and the University of Pittsburgh.

Timothy K. Honkala, MD, an Ohio native, now lives in Pittsburgh's South Hills. He graduated summa cum laude from the University of Akron. He earned his medical degree from Northeastern Ohio University and gained surgical training at Mt. Carmel Mercy Hospital, Northwest Detroit Metropolitan Hospitals in Michigan

and the Shriner's Hospital for Crippled Children in Erie, PA. Dr. Honkala completed a fellowship in sports medicine at Rush-Presbyterian St. Luke's Medical Center.

George S. Kappakas, MD, a Beaver Falls native, has practiced and resided in the Pittsburgh area for more than 20 years. He earned his undergraduate degree at Baldwin-Wallace College in Ohio and his medical degree at the University of Pittsburgh. Following an internship at Mercy Hospital of Pittsburgh, Dr. Kappakas completed his training in orthopedic surgery at the University of Pittsburgh.

Christopher Radkowski, MD, is a native of Munhall. He earned his undergraduate degree from Johns Hopkins University and attended Medical School at the Duke University Medical Center. He also attended the University of Pittsburgh Medical Center and was an active team physician for numerous sports at both universities as well as the University of North Carolina. His research in orthopedics has been published more than a dozen times and he has earned several awards and grants for orthopedic research.

Surgeons at Jefferson use wireless technology to determine the precise alignment of an implant specific to the anatomy of each knee.

Michael A. Tranovich, MD, a native of West Virginia, earned his undergraduate and medical degrees from Ohio State University. Dr. Tranovich completed his surgical training at the University of Pittsburgh and Rancho Los Amigos Hospital in Downey, California. He has practiced orthopedic surgery in the Pittsburgh area for more than 20 years and resides in the South Hills.

Robert F. Weiss, MD, is a Pittsburgh native. He graduated magna cum laude from Duke University and earned his medical degree at the University of Pittsburgh. He completed his surgical training at the University of Vermont and the University of Pittsburgh. Dr. Weiss was actively involved in the creation of the Joint Care Center.



Choosing an Orthopedic Surgeon



David J. Stapor, MD, a native of Connecticut, now resides in Pittsburgh's South Hills. He is a graduate of Duke University and completed his medical training at St. Louis University. Dr. Stapor completed his surgical and orthopedic training at the Albany Medical College and has been in general practice for more than 17 years. Dr. Stapor was actively involved in the creation of the Joint Care Center.

Edward D. Poon, MD, was born in Houston, Texas, but now calls Pittsburgh home. Dr. Poon received his undergraduate degree from Johns Hopkins University and his medical degree from the University of Pennsylvania. He completed his residency and internship training at the University of North Carolina at Chapel Hill and his fellowship training in total joint replacement surgery at Rush-Presbyterian, St. Luke's Medical Center in Chicago.

Steel Valley Orthopedic Associates, P.C.
(412) 469-1660

Locations:
Jefferson Hills, Bethel Park,
Forest Hills

Mark L. Lesh, MD, is a native of Pittsburgh. After graduating magna cum laude from Ursinus College, Dr. Lesh attended Pennsylvania State University College of Medicine and completed his internship and residency training at the Milton S. Hershey Medical Center. He is an orthopedic surgeon and completed his fellowship training in sports medicine at Virginia Sports Medicine Institute, affiliated with Arlington Hospital and Georgetown University.

Jeffrey Matheny, MD, returned to his hometown of Pittsburgh and joined Steel Valley Orthopedics in February 2004, after practicing orthopedic surgery in Vermont for more than four years. Dr. Matheny attended medical school at Pennsylvania State University where he and Dr. Mark Lesh were classmates. He completed his orthopedic surgery residency at St. Luke's Medical Center in Cleveland, Ohio, and most recently completed a sports medicine fellowship at Yale Sports Medicine Center.



Jefferson Regional Medical Center provides an exceptional outpatient hand clinic within the occupational therapy department.

Choosing an Orthopedic Surgeon

The Orthopedic Group, P.C.
(412) 379-5802

Locations:

Mt Lebanon, Belle Vernon,
Charleroi, Uniontown

Scott L. Baron, MD, received his medical degree from Georgetown University School of Medicine. He completed his orthopedic training at Georgetown University and is a board-certified orthopedic surgeon. He has been in practice in the Pittsburgh area for more than 20 years.

Thomas F. Brockmeyer, MD, Ph.D., received his medical degree and doctorate in cellular biology from Yale University School of Medicine. He served his orthopedic training at the Hospital of the University of Pennsylvania in Philadelphia. Dr. Brockmeyer is a board-certified orthopedic surgeon.

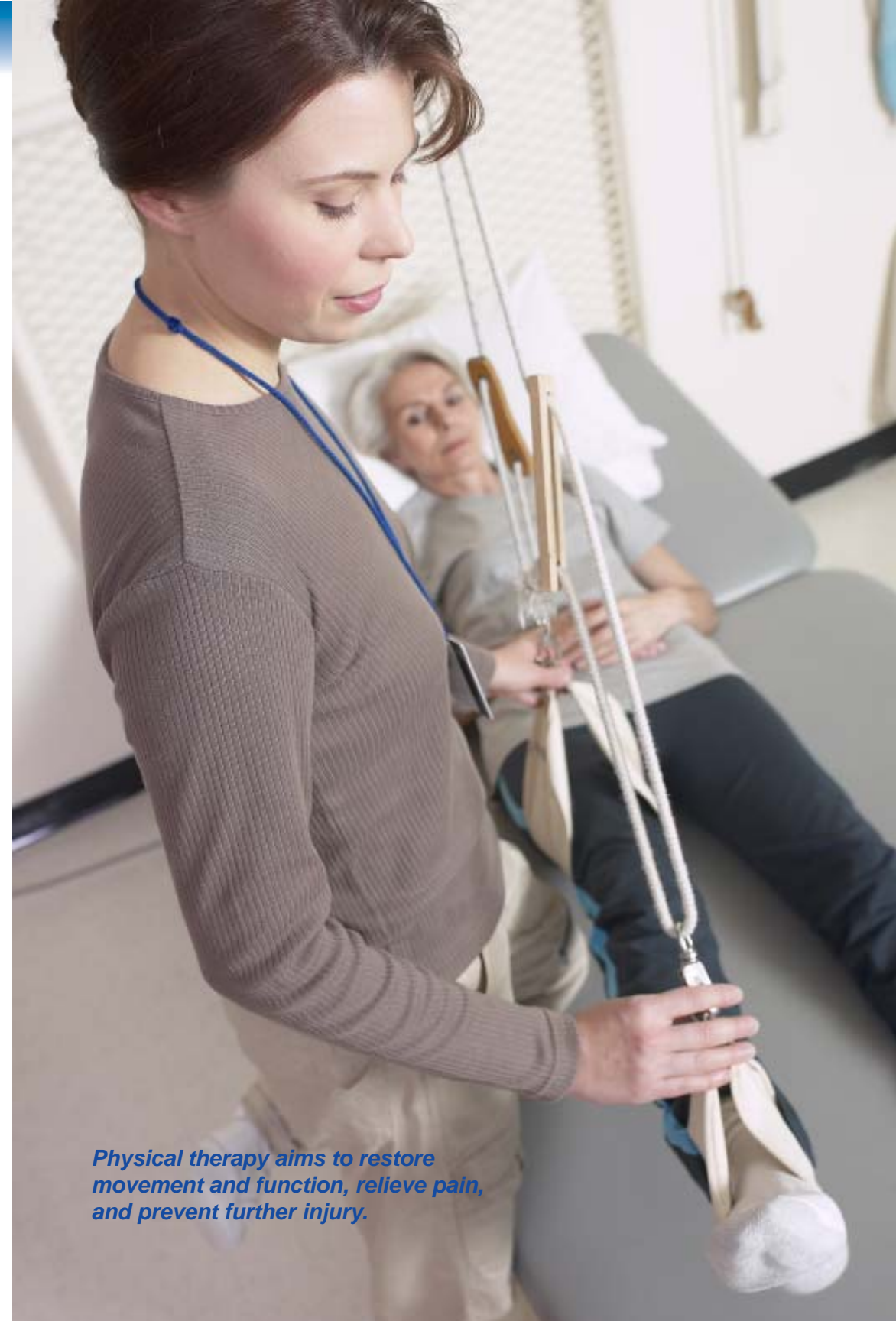
Ari E. Pressman, MD, received his doctorate in medicine and orthopedic training at the University of Ottawa, Canada. He completed sub-specialty training in sports medicine and arthroscopy as well as the treatment of arthritis and revision total joint replacements in Canada. He is the team physician for the Canadian Olympic Ski Team.

Allan H. Tissenbaum, MD, received his medical degree at McGill University in Montreal, Canada and earned a Master's degree in Exercise Physiology. Dr. Tissenbaum is a board-certified orthopedic surgeon and completed his orthopedic training and a sports medicine fellowship at McGill University.

The Jefferson Regional Joint Care Center – After Your Total Joint Replacement Surgery

The mission of the Joint Care Center is to provide orthopedic care within a health-centered, patient-focused environment, delivering outstanding clinical results. Before surgery, Joint Care Center patients, their families and friends, participate in a discussion with a team of health care professionals to assure that they understand the surgical and therapeutic process of joint replacement as well as what to expect while healing.

When orthopedic procedures require that you stay overnight in the hospital, you can feel confident in the staff of the orthopedic unit, a team of clinical professionals specially trained in the care of orthopedic patients. Every nurse is licensed in the Commonwealth of Pennsylvania and has received specialized training in pain management. The staff prides itself on the high level of patient satisfaction it has earned. More than 90 percent of inpatients consistently rate the orthopedic unit as good or very good (four, or five out of a possible five).



Physical therapy aims to restore movement and function, relieve pain, and prevent further injury.

The Third Step in Your Orthopedic Care - Choosing the Place for Your Surgery

Jefferson Regional Medical Center offers comprehensive surgical capabilities with excellent outcomes in a quiet setting that is conducive to healing. Jefferson Regional invests in leading-edge technology, as recommended by our orthopedic surgeons who actively investigate the latest surgical devices and techniques. For instance, Jefferson Regional was the first hospital in Allegheny County to invest in and use computer navigation for knee replacements. Its ability to align new joints specific to each patient's anatomy should improve knee joint stability and likely lengthen the life of surgical implants.

Jefferson Regional Medical Center offers ceramic-on-ceramic and metal on metal full-hip replacements for all eligible patients, offering more active patients an option that has been developed to meet their active lifestyle. When appropriate for the patient, our surgeons offer resurfacing options for hip or shoulder surgery.

The volume of total-knee and total-hip replacements surgeries performed at Jefferson Regional ranks among the top three area hospitals in Allegheny County. The surgical volume at Jefferson outweighs its closest independent competitor by more than 20 percent. Jefferson is also noted for keeping its costs low, making quality health care more affordable in the region.*

Arthroscopic, minimally-invasive surgeries aren't just for the big-name athletes anymore. When appropriate, our surgeons use minimally invasive techniques for knees, shoulders, ankles, even for joint replacements. The smaller incisions shorten the healing time after surgery. Consult with your orthopedic surgeon to determine if you can benefit from these exciting new procedures being performed at Jefferson Regional Medical Center.

*PHC4 Data for CY 2004, 2005 and 2006



Seventeen board certified orthopedic surgeons at Jefferson Regional provide state-of-the-art surgical care including minimally invasive surgeries, joint resurfacing and implants that give younger patients options for knee and hip pain relief. To find the surgeon who's right for you, call 412-469-7000.

Choosing the Place for Your Surgery

Inpatient Physical Rehabilitation

Jefferson Regional Medical Center recently completed a \$2.7 million structure at the center of the hospital building. The first floor of this three-floor, 9000 square-foot structure provides state-of-the-art physical rehabilitation services on the same floor of the hospital as the orthopedic unit.

All rehabilitation therapies provided while in the hospital will be available on an outpatient basis. This enables our patients and their surgeons to benefit from the continuity of care provided by the certified therapists of Jefferson Regional Medical Center. Family members are invited to actively participate in their loved one's rehabilitation.

Physical Rehabilitation

Your doctor may order physical, occupational or aquatic therapy to rehabilitate your orthopedic injury. Rehabilitation can take place at any time during your treatment, before or after surgery, whether you are in or out of the hospital. There are several types of physical therapy.

Physical Therapy restores independence and function to the highest possible level. "PT" can heal injuries over time, avoiding surgery, or expedite healing after surgery with a return to a normal active lifestyle. Our hand therapist, who maintains certification through advanced studies, works one-on-one with patients who have conditions affecting the hands and upper extremities.

Occupational Therapy is a rehabilitation approach that utilizes functional activities to help patients gain independence with their everyday tasks such as dressing, bathing, getting in and out of bed, getting in and out of the bathtub and homemaking tasks.

Aquatic Therapy provides a unique, safe, and progressive rehabilitation environment. Researchers have found that water supports the body and reduces joint stress and pain while providing resistance to movement.

All of our therapists and our audiologists are licensed by the Commonwealth of Pennsylvania. In addition, our staff includes certified hand therapists, manual therapists, strength and conditioning specialists and athletic trainers. Our physical therapists and physical therapy assistants are specially trained in physical aquatic therapy, as well.

Social Services

A social worker is available to meet with patients and families to discuss any concerns regarding lifestyle changes and assist with supportive services to ensure a safe transition back to the home and community. The social worker will review each patient's progress with patient and family and schedule family participation during therapy sessions.

After discharge, home care services are provided when necessary so that patients may continue rehabilitation at home. The home care coordinator will investigate insurance coverage and home equipment needs and arrange for all services needed in the home at the time of discharge.

All orthopedic inpatients enjoy private rooms.

Outpatient Orthopedic Surgery

Today, many orthopedic surgeries can be performed in an outpatient setting where patients arrive early in the day and are resting at home before dinner time. While independent surgery centers not affiliated with hospitals provide options for patients, the Jefferson Surgery Center provides a choice for outpatient surgery that is backed by the full resources of Jefferson Regional Medical Center in the event of an emergency. Free, reserved parking is provided to each patient. Family members can monitor their loved one's progress through SmarTrack®, a real-time display of the patient's status from pre-op to recovery.



Three Convenient Outpatient Locations:

Jefferson Hills

Jefferson Regional Medical Center

565 Coal Valley Road, Second Floor
(412) 469-5015

- Physical Therapy
- Occupational Therapy
- Hand Therapy
- Functional Capacity Evaluation
- Speech Pathology
- Audiology

Jefferson Regional Physical Therapy & Aquatic Therapy Center

550 Coal Valley Road
(412) 469-3456

- Physical Therapy and Aquatic Therapy

Bethel Park

Jefferson Regional Medical Center Health Pavilion

1000 Higbee Road
(412) 854-0190

- Physical Therapy
- Warm Water Aquatic Therapy
- Occupational Therapy
- Speech Therapy

Caring for the Community

In addition to providing patient care, we are active in community education. We provide a weekly pre-operative class on hip and knee care, and free knee and hip pain seminars on a monthly basis. Call 412-469-7100 for dates and times, or to register.

We also host an annual Joint Care Center picnic where area residents who have had hip or knee replacements at Jefferson Regional Medical Center socialize with each other and the medical center staff and surgeons. The annual event draws several hundred people who share common experiences and promotes health education.



Diagnostic Imaging – X-rays, MRIs and Pre-Surgical Testing

Throughout the diagnosis, treatment and rehabilitation of your orthopedic injury, your doctors may order several diagnostic imaging tests. Jefferson Regional Medical Center offers quality, choice and convenience for any diagnostic test you might need. Many locations offer free parking and evening and weekend appointments.

If you are having surgery, your doctor will order pre-surgical tests such as blood work or EKGs that can be performed at many of the locations listed below.

Jefferson Hills

Jefferson Regional Medical Center

565 Coal Valley Road
412-469-5234

Comprehensive testing services including PET-CT, X-ray, 64-slice CT, Blood Work and EKG

Jefferson Medical Arts Building

1200 Brooks Lane
412-460-8300

Open MRI, Multi-Slice CT, PET Scans, Walk-in X-RAY, DEXA (Bone Density), Ultrasound, Echocardiograms, Whole Body Bone Scans, 3-Phase Bone Scans, EKG

Baldwin

Jefferson Regional Outpatient Testing Center

5235 Clairton Boulevard, Route 51

412-885-6036

Walk-In Blood Work, EKG, X-ray

Bethel Park

JRMC Diagnostic Services, LLC

Jefferson Regional Health Pavilion

1000 Higbee Road

412-835-0370

Walk-In Blood Work

Clairton

Jefferson MRI

575 Coal Valley Road
Suite 108

412-469-1701

Highfield MRI

Homestead

JRMC Diagnostic Services, LLC

Waterfront Medical Building
495 Waterfront Drive East
Suite 100

412-325-0990

Open MRI, Multi-Slice CT, Walk-in X-RAY, DEXA (Bone Density), Ultrasound, Walk-In Blood Work and X-ray

Jefferson Regional Medical Center
565 Coal Valley Road • Jefferson Hills, PA 15025
www.jeffersonregional.com