

Welcome

Thank you for choosing the St. Cloud Hospital's Total Joint Program!

We are dedicated to providing the highest quality of care, with a goal of increasing your level of activity and decreasing your pain, resulting in improved independence for you.

The Bone & Joint Center, a collaborative effort of St. Cloud Hospital and St. Cloud Orthopedics, offers a full array of specialty and subspecialty care in total joint replacements, foot/ankle surgery, orthopedic trauma/fracture care, total joint revisions, hand/shoulder surgery and sports medicine.

We are pleased to offer you a distinguished orthopedic care center where you can feel confident you are receiving nationally recognized care. Our state-of-the art technology and facilities are the best Minnesota has to offer. Our caring, skilled professionals will work to make your experience a positive one. Certified nurses, fellowship-trained surgeons and orthopedic support staff are proud of the reputation we have built and are committed to providing you with quality care.

We believe that your success also depends on you. We encourage you to be an active participant in your recovery process to return to your maximum function. You will be part of a Total Joint Program that treats more than one thousand patients each year.

The Bone & Joint Center is a unique, dedicated center within the hospital. Patients typically have their surgery Monday through Friday and return home after a one to two night hospital stay. Our coordinated health care team works together to provide you with a superior experience and continuous care. We count on you to help us improve our care.

Features of our Total Joint Program include:

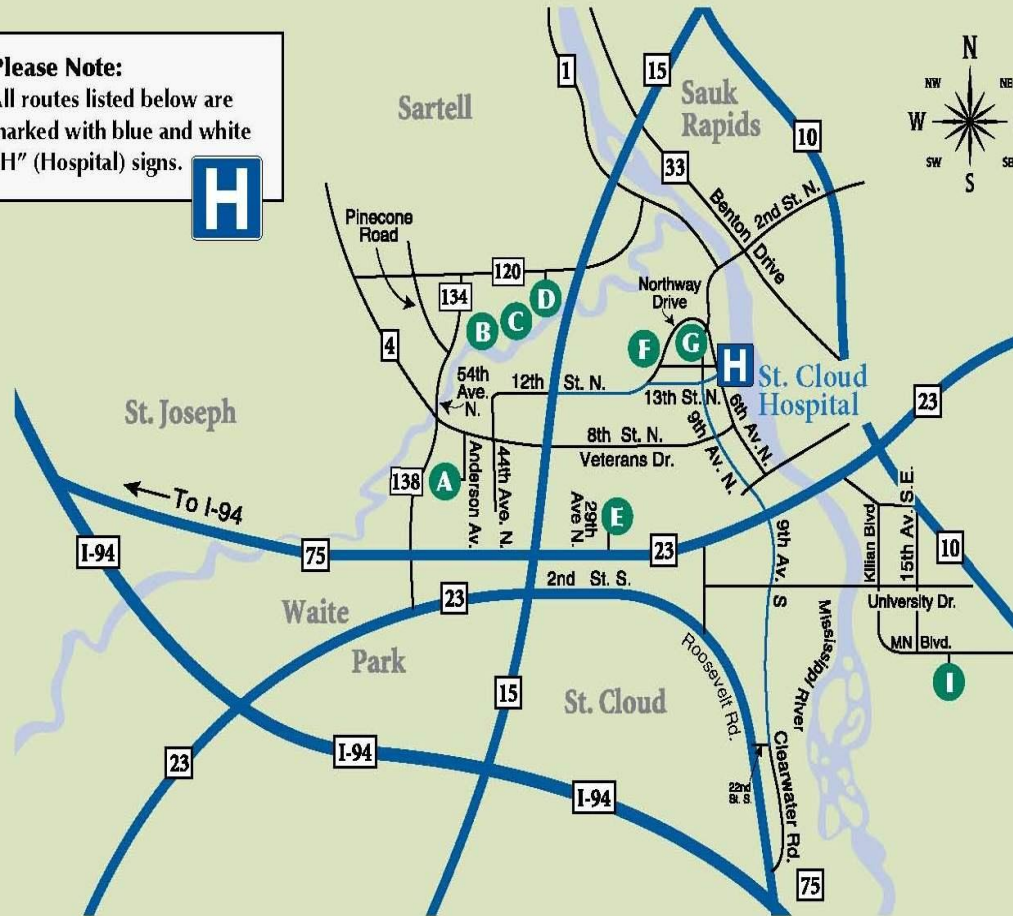
- Preoperative Joint Class
- Nurses, therapists, and patient-care-assistants (PCA) who specialize in the care of joint replacement patients
- Total Joint Specialist
- Emphasis on individualized care and your active participation
- Private rooms, many with a panoramic view of the river
- Family and friends educated to participate in your recovery process
- A comprehensive patient education binder for you to follow from six weeks before surgery through your hospital stay and beyond
- Public education seminars about hip and knee pain
- Physical Therapy gym, which is on the unit for your convenience



St. Cloud, MN map

Getting to St. Cloud Hospital

Please Note:
All routes listed below are marked with blue and white "H" (Hospital) signs.



From Minnesota Highway 23

Traveling west on HWY 23 - Exit HWY 23 at 10th Ave. N. Turn left onto 10th Ave. Proceed north to 13th St. N. Turn right. Drive three blocks east to 6th Ave. N.

Traveling east on HWY 23 - Turn left on Minnesota HWY 15. Proceed to 12th St. N. Turn right. Proceed to 13th St. N. Turn right. Drive .6 miles to 6th Ave. N.

From Minnesota Highway 15

Traveling north on HWY 15 - Turn right at 12th St. N. Proceed to 13th St. N. Turn right. Drive .6 miles to 6th Ave. N.

Traveling south on HWY 15 - Turn left at Cty. Rd. 1. Proceed to 9th Ave. N. Turn right. Drive .3 miles to 6th Ave. N. Turn left.

From Interstate 94

Traveling west on I-94 from the Twin Cities - Exit I-94 at Cty. Rd. 75 (exit #171). Drive to 22nd St. S. Turn right. Drive two blocks to Clearwater Rd. Turn left. Clearwater Rd. turns into 9th Ave. Follow 9th Ave. N. to 13th St. N. Turn right. Drive three blocks east to 6th Ave. N.

Traveling east on I-94 - Exit I-94 at HWY 15 N. Drive to 12th St. N. Turn right. Proceed to 13th St. N. Turn right. Drive three blocks east to 6th Ave. N.

From U.S. Highway 10

Traveling east on HWY 10 - Take the HWY 15 exit into St. Cloud. Traveling south on HWY 15 - Turn left at Cty. Rd. 1. Proceed to 9th Ave. N. Turn right. Drive .3 miles to 6th Ave. N. Turn left.

Traveling west on HWY 10 - Take the HWY 23 exit into St. Cloud. Exit HWY 23 at 10th Ave. N. Turn left onto 10th Ave. Proceed to 13th St. N. Turn right. Drive three blocks east to 6th Ave. N.

➔ St. Cloud Hospital map

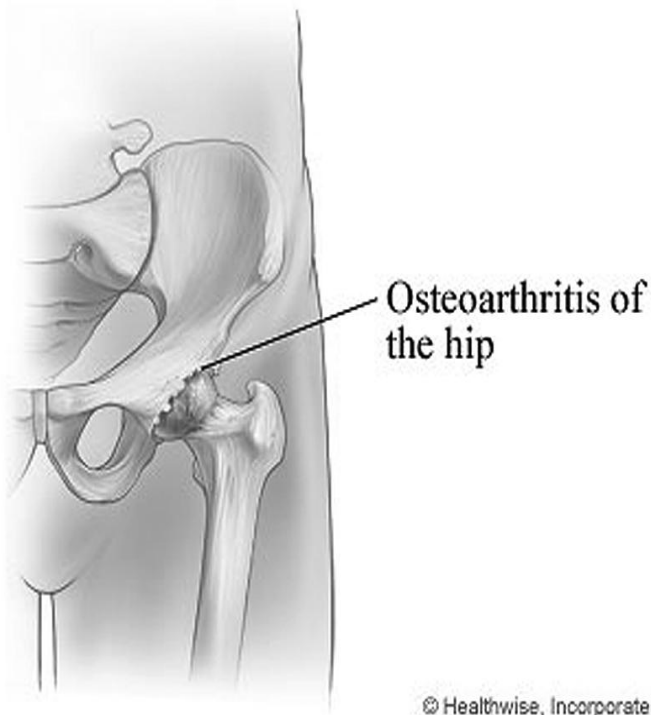
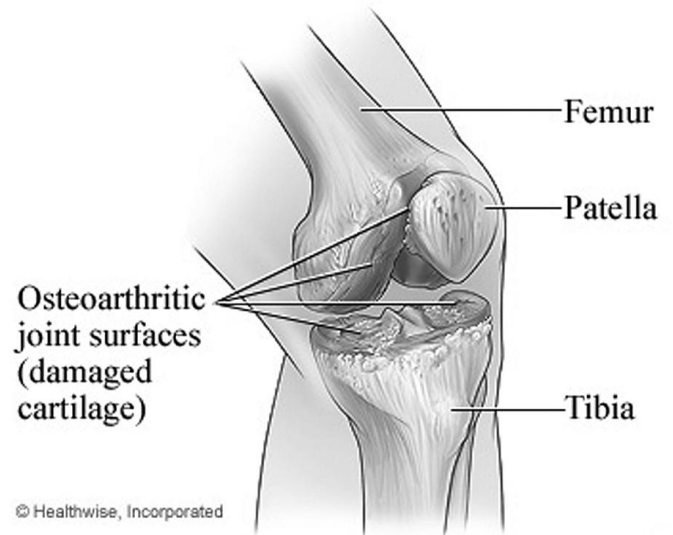




Common causes of joint replacement

Osteoarthritis is a degenerative joint condition affecting the cartilage on the end of bones, caused by wear and tear. This is the most common type of arthritis.

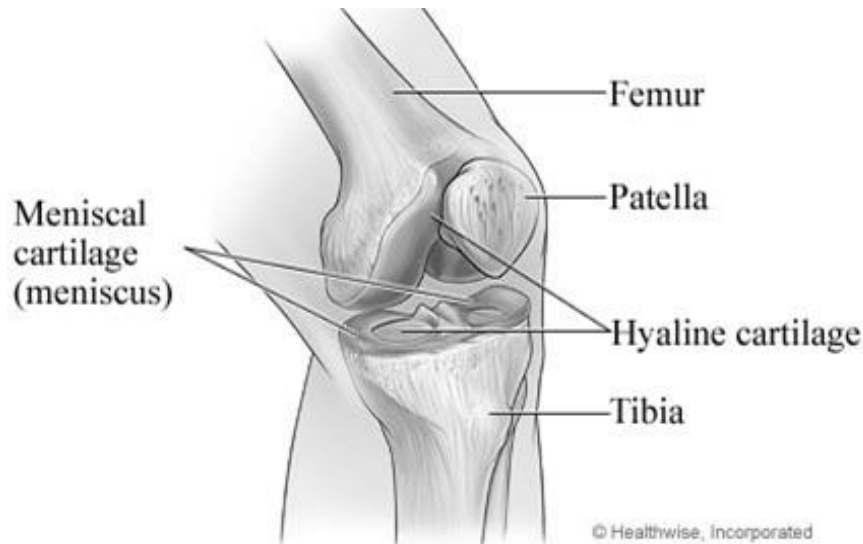
- Previous injury or trauma may lead to degenerative changes
- Excess body weight causing stress on joint
- Lack of regular exercise
- Conservative treatments no longer effective
- Rheumatoid Arthritis – disease that attacks your joints
- Infection



*A total joint replacement's longevity will vary in every patient depending on your age, weight, activity level and medical condition.

➔ The knee joint

- Femur (thigh bone) meets tibia and fibula (lower leg bones)
- Connected with ligaments that act like rubber bands allowing movement and providing stability of the knee joint
- Cartilage between the two bones acts like a shock absorber softening the impact of movement and weight bearing



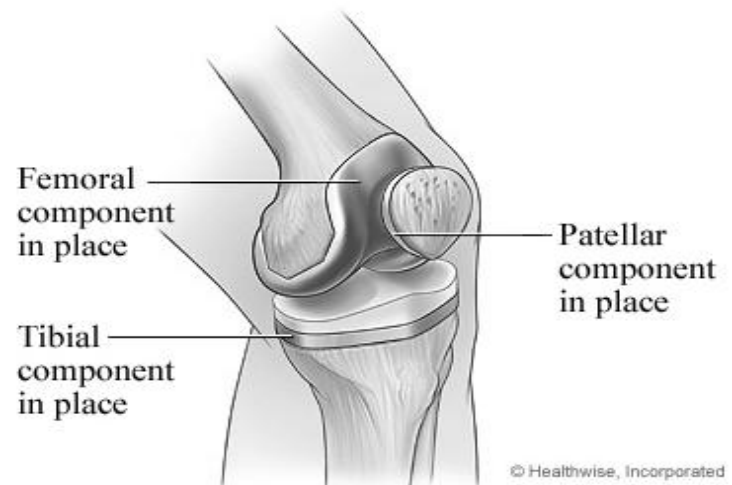
➔ Knee replacement surgery

Your surgeon removes the damaged cartilage and bone. New metal and plastic joint surfaces restore alignment and function.

Parts of your new knee:

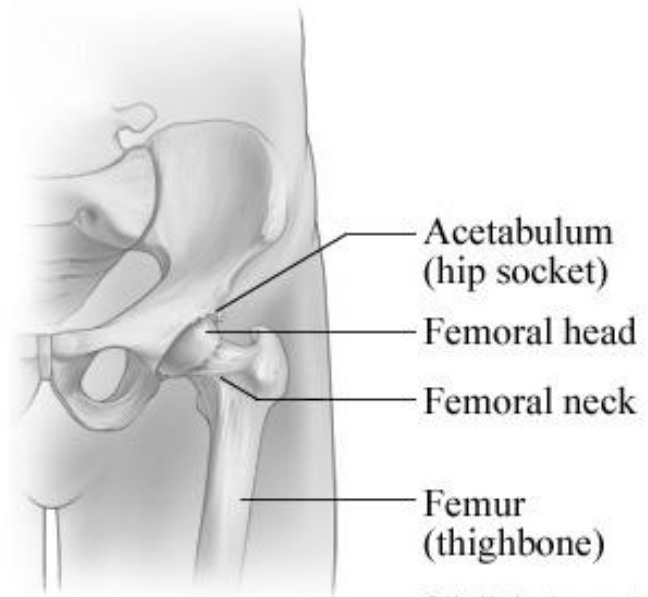
- Femoral – replaces the thigh cartilage
- Tibial – replaces the lower leg cartilage

Surgery typically lasts less than one hour. This time does not include the preparation and time spent in the recovery room.



The hip joint

- Ball and socket joint
- Head of femur (ball)
- Pelvis (socket)
- Joint held together with ligaments which allow movement and stability
- Cartilage acts like a shock absorber softening the impact of movement and weight bearing.



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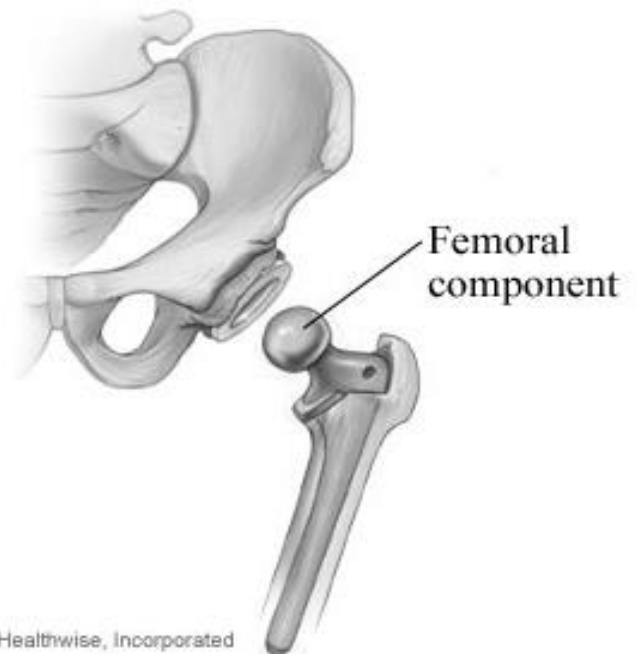
Hip replacement surgery

Your surgeon removes damaged cartilage and bone. New metal and plastic joint surfaces restore alignment and function.

Parts of your new hip:

- Head of femur – ball and neck replaced
- Pelvis – socket replaced

Surgery typically lasts less than one hour. This time does not include the preparation and time spent in the recovery room.



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