

Orthopedic Treatment Guide

Move Confidently



Be confident in your movement

Injuries, illness or normal wear and tear can lead to joint pain or other musculoskeletal (joints, ligaments, muscles, nerves, tendons, etc.) discomfort. Fortunately, when injuries or pain occur, Trinity Health offers a variety of orthopedic services from leading experts in the field. Our team is committed to helping you regain your active lifestyle and getting back to the activities you enjoy.

What are common symptoms and causes of joint pain?

Joint pain is commonly caused by arthritis, bursitis, gout, minor injuries, infections, trauma or previous joint surgeries or treatment. It can be aggravated by motion, pressure or weight-bearing resistance with activity.

Symptoms include:

- Pain
- Stiffness
- Muscle weakness
- Deformed joints
- Reduced range of motion or loss of use
- Creaking joint



When should I see a doctor about joint pain?

If you have pain that lasts longer than one week, it should be evaluated by a health care provider. Severe pain should be medically evaluated as soon as possible.

What are my treatment options?

Treatment depends on the underlying cause of the pain and the severity. Surgery is not usually the first option, but if the severity warrants surgery, Trinity Health provides high quality orthopedic care.

Rest

Exercise

Weight
management

Treatment
options may
include:

Physical
Therapy

Pain
medication
& alternative
therapies

Surgery



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What are my surgical treatment options?

Joint Replacement

For individuals with pain or stiffness in the hip, knee, shoulder or wrist, or who have arthritis in these joints, joint replacement surgery may be necessary. Joint replacement is a highly-effective approach to eliminate pain, correct a deformity, treat advanced arthritis and improve mobility. Joint replacement surgery involves removing or replacing damaged cartilage or bone with a resurfaced joint to mirror your body's natural structure and movement. In many cases, minimally invasive surgical techniques mean fewer and smaller incisions, less discomfort, a shorter hospital stay and faster recovery.

Knee Replacement

Total Knee Replacement: The most common surgical knee procedure is a total knee replacement. It is commonly performed if you have a severe knee injury or advanced osteoarthritis of the knee.

Partial (Unicompartmental) Knee Replacement: A total knee replacement is not always the best for patients with early-to mid-stage osteoarthritis in just one or two compartments of the knee. In this case, your surgeon may recommend a partial knee replacement, which replaces only the damaged portion of your knee.

Hip Replacement

Posterior Approach: Used in the majority of hip replacements, the posterior approach involves accessing the hip joint via an incision made close to the buttocks. This approach provides surgeons a good view of the hip capsule, allowing for optimal placement of implants.

Anterior Approach: This procedure involves the surgeon making an incision through the front of the leg, rather than the back. This makes it possible to reach the joint by separating the muscles instead of cutting and reattaching them.

Shoulder Surgery

Treatment is recommended based on the type of tear. The procedure can be done with a large incision or with shoulder arthroscopy, which uses smaller incisions. Shoulder replacement involves replacing the ball and socket portion of your shoulder joint with a shoulder implant.

Foot and Ankle Surgery

The foot and ankle system that allows us to stand, walk, jog or jump is complex. Each foot has 26 bones, supported by three groups of ligaments, and several muscles and tendons help move the foot and ankle. Sprains, tendon injuries or overuse injuries are common and can require surgery. Orthopedic surgeons provide a spectrum of treatments to restore pain-free function of the foot and ankle.



Hand Surgery

Individuals may need hand surgery due to rheumatoid arthritis deformities, congenital developmental abnormalities, trauma or a sports injury to the hand, wrist or forearm. Orthopedic surgeons specialize in reconstructive surgery to restore structure and function of the hand or wrist.

Sports Injuries

Trinity Health also treats a variety of sports injuries, including injuries of the knee, ankle, elbow or shoulder. Sports Medicine, fellowship-trained orthopedic specialists diagnose and treat a full range of musculoskeletal injuries to get athletes back in the game. Surgical treatments include reconstructive procedures to repair ligaments and tendons.

What should I expect?

With a comprehensive clinical approach, Trinity Health works closely with each patient throughout the treatment process. Patients receive pre-surgical education and information on registration, admission, discharge and rehabilitation. Before surgery, every patient will fully understand expectations for their surgery and the rehabilitation process.

Am I a candidate for joint replacement surgery?

Joint replacement surgery may be necessary for individuals with severe joint pain, stiffness, a limp, muscle weakness, limited mobility or swelling. Depending on the affected joint and the amount of damage, individuals may have trouble with ordinary activities such as walking, putting on socks and shoes, getting in and out of cars or climbing stairs. You will be evaluated by a specialist to determine if you are a candidate for surgery or other treatment options.

Why choose Trinity Health?

Trinity Health utilizes a comprehensive team-approach to care. We work closely with patients throughout the treatment process, assisting with registration, admission and recovery. Our caring, experienced orthopedic surgeons have high patient satisfaction scores and deliver results that matter. We are recognized by BCBS/BCN and Aetna for achieving the highest level of quality, care and outcomes in orthopedics. Our team approach means patients receive care from dedicated surgical teams, anesthesiologists, orthopedic nurses and physical therapists.



Ready to move with confidence?

Take the next step and schedule an appointment [today.](#)

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