Live a life with fewer limits

Orthopaedic Services

CRITTENTON
Get Better Here™
Crittenton Orthopaedic Services

A full range of services for full motion living.

From the strains and sprains children experience playing sports to the transformational procedures that breathe new life into patients suffering from chronic shoulder, back, spine, knee, or any joint pain – Crittenton offers a full range of services for every orthopaedic condition. With our unique patient-centered approach, we combine science and compassion to understand your individual requirements and help you regain pain-free mobility and a better quality of life.

As joint replacement surgery evolves, Crittenton continues to find better ways to improve the lives of our patients. You’ll have full access to a dedicated and skilled team composed of expert orthopaedic surgeons, nurse practitioners, encouraging physical therapists and specialists – all working together to provide the highest level of care.

The most advanced joint replacement center in the state of Michigan.

Our ultra-modern facility combines the latest technologies and treatments with compassion and care. At Crittenton, we see you as a person, not just a patient. And helping amazing people get back to their best – amazingly fast – means providing a better experience, better specialists and a better kind of care.

“We see you as a person, not just a patient.”
We recognize every patient is unique; so our spine care specialists start your treatment with a customized evaluation using the most advanced technology available. Based on the outcome, we develop a personalized treatment plan that addresses your specific pain and identifies the best path towards regaining mobility and better health.

Your plan will include non-invasive therapy as an initial step to managing your pain; from activity modification to physical therapy to more complicated treatments. If surgery is recommended, you can take confidence from the fact that Crittenton's Spine Center is home to a multidisciplinary team of specialists, including both orthopaedic spine surgeons and neurosurgeons – all trained in the most advanced spine care treatment options.

**Foot and Ankle** – Specializing in the diagnosis, care and treatment of patients with musculoskeletal foot disorders, our surgeons perform reconstructive procedures, treat sports injuries, and manage and treat trauma of the foot and ankle.

**Hand** – Crittenton specialists treat many conditions that may occur in the hand or upper extremity; commonly from the tip of the hand to the shoulder, including injury and infection.

**Shoulder** – The most flexible joint in the body requires treatment options that are just as versatile. That’s why we offer an array of nonsurgical and surgical treatment plans designed to improve your quality of life and reduce your level of pain.

**Who is caring for me?**

Preparing and what to expect.

Renowned for our quality of patient care, from diagnosis and treatment to rehabilitation and wellness, your Crittenton team adheres to a multi-phased treatment philosophy that keeps the focus on your comfort and your progress at every step, bend, turn and twist.

Approximately one month prior to surgery, you will attend *New Beginning*, a preparatory class designed to give you the upfront information needed for a successful joint replacement experience. The session includes information about:

- Exercises you should do to prepare
- What will occur on the day of your procedure
- Your recovery process
- What to expect when you return home

Together, our Joint Care Coordinator and a Physical Therapist will guide you and your ‘coach’ (a selected friend or family member to support you through your surgery and recovery) as you meet the staff and get to know the facilities. Our pre-admission nursing team will call you and schedule this class, so no need to worry.
Where will I be staying?
There’s no better place to recover than here.

In a hospital, sometimes it takes more than a comfy pillow to get a good night’s rest. That’s why our Joint Replacement Center is an 18-bed, dedicated unit where expert staff is assigned to care exclusively for orthopaedic patients like you. That means, you’ll be surrounded by familiar faces throughout the duration of your stay (generally two days).

Getting you back to your best, amazingly fast.

We know it’s the little things that make for a better experience and better care. So, you’ll enjoy post-operative comforts including quiet rooms, ample personal storage, flat screen TVs, the choice to wear your own clothes, and more. While we do everything possible to make you comfortable, we’ll also be encouraging you to get up and get moving. We believe the sooner you get moving the sooner you’ll be back on the path to recovery. In many cases, light exercising and strengthening will start the same day as your surgery. This way, you’ll be adequately prepared for discharge by the third post-op day.

What comes after?
Getting back to living life to the fullest.

Returning you to the highest possible degree of personal independence doesn’t mean you have to go it alone. We provide rehabilitation in both individual and group settings, with Crittenton staff and patients there to coach, support, encourage and inspire you while on the path to recovery. Initially, you’ll be attending physical therapy twice-a-day in our state-of-the-art training center. It’s our goal to:

• Restore physical function and enhance the skills needed for daily activities
• Improve balance and regain mobility
• Build strength and endurance
• Maximize independence

When you’re ready to leave us, we’ll still remain focused on you and your care with follow-up reunion lunches where we can check your progress and answer any questions you may have. It’s just one of the many extra steps our team takes to ensure you get superior care on your path to recovery.

For more information, to find the name of a crittenton doctor, or to find an event, call (248) 652-5000 or go to www.crittenton.com
Hospital-ity is our commitment to the belief that your care matters most. It’s about focusing on you as a person, not just a patient. It’s about taking the time to explain and make sure you and your loved ones understand your options. It’s asking questions and listening to your answers. It’s simplifying paperwork and doing all of the little things that can make your visit to Crittenton a better experience. So, no matter who you are, or why you’re with us, you can feel more at ease and stay focused on getting back to your best, amazingly fast.