



Care for Your Joints

Holy Cross Health Is Your Partner
in Living an Active Life

HC HOLY CROSS
HOSPITAL

HC HOLY CROSS
GERMANTOWN HOSPITAL





Comprehensive Joint Care Available at Two Hospitals



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Holy Cross Hospital

*1500 Forest Glen Road
Silver Spring, MD 20910
301-754-7000*

One of the largest hospitals in Maryland, Holy Cross Hospital has a more than 50-year history of serving the community, and offers patients all private rooms.



Holy Cross Germantown Hospital

*19801 Observation Drive
Germantown, MD 20876
301-557-6000*

Conveniently located off I-270, Holy Cross Germantown Hospital offers upcounty residents high-quality care, the latest technology and private rooms.

For more information, visit HolyCrossHealth.org

With You Every Step of the Way in Your Joint Health Journey



Staying active, mobile and strong is an important part of your quality of life. When chronic joint pain and stiffness get in the way of living life to the fullest, it's time to put the expertise of Holy Cross Health on your side.

At Holy Cross Hospital and Holy Cross Germantown Hospital, our dedicated team of joint care professionals is focused on helping you live a full and productive life by eliminating the debilitating symptoms that can accompany disorders such as arthritis. Our specialists also treat acute injuries as well as long-term consequences of trauma to the bones and joints.

Our team provides comprehensive services every step of the way in your joint health journey, from pain management and non-surgical treatments for chronic joint pain, to advanced, minimally invasive joint replacement techniques that promote faster recovery and mobility. When surgery is the best course of action, our expert surgeons and support team follow proven methods using evidence-based practice to ensure quality care.

Rehabilitation, exercises classes, home health services, and health and wellness programs round out our commitment to your long-term joint health.

To learn more about Holy Cross Health's joint services, visit [HolyCrossHealth.org/joints](https://www.HolyCrossHealth.org/joints) or call 301-754-8800.

Accurate Diagnosis from an Expert Team



We understand that every person and condition is unique, which is why Holy Cross Health's joint team takes an individualized approach to care. Whether your goal is to run a half marathon, take a nightly stroll through the neighborhood, or keep up with the grandkids, our goal is to improve your function, alleviate pain, restore mobility and return you to a higher quality of life through patient-centered care.

Your Care Team

Our focus on providing a continuum of care starts with a comprehensive evaluation by one of our board-certified orthopedic specialists. Care planning and extensive patient education begin even before your first treatment.

Holy Cross Health's joint care is supported by a multidisciplinary team that includes:

- Board-certified orthopedic surgeons
- Board-certified anesthesiologists
- Case managers (nurses and social workers)
- Home care professionals
- Hospital-based physicians
- Joint program support staff
- Pain management specialists
- Physical and occupational therapists
- Physician assistants
- Specially trained nurses

To find a doctor specializing in orthopedics, call 301-754-8800 or visit HolyCrossHealth.org.

Comprehensive Evaluation and Diagnosis

Education is an important component of Holy Cross Health's joint program, which begins with your doctor and a thorough assessment of your joint pain. Diagnostic tests can include X-rays, CT scans, MRIs and bone scans of the affected area, coordinated through your physician's office. Disorders and conditions that cause joint problems include:

- Arthritis of all types including osteoarthritis
- Damage due to injury or trauma, including fractures resulting from osteoporosis
- Rheumatoid arthritis and other autoimmune disorders
- Pain resulting from prior unsuccessful procedures and previous joint replacements that have worn out or failed

After a comprehensive evaluation and diagnosis of your joint pain, your physician will recommend appropriate treatment options, which may include a combination of non-surgical pain management techniques and/or surgical intervention.



Holy Cross Hospital has received recognition for its specialty care of joint surgery patients, highlighting our commitment to safety and efficiency:



Holy Cross Hospital is certified for hip replacement and knee replacement by The Joint Commission, the premier health care quality improvement and accrediting body in the nation.



Holy Cross Hospital is recognized as a Blue Distinction® Center+ by Blue Cross Blue Shield for knee and hip replacement. This national program designates facilities that demonstrate expertise in delivering quality specialty care.

Managing Pain Without Surgery



Holy Cross Health's joint program isn't just focused on surgery to treat joint pain. Our specialists provide a variety of care plans that can alleviate your pain and help improve your condition.

Specialists from Holy Cross Hospital and Holy Cross Germantown Hospital evaluate each patient thoroughly to determine which approaches to managing joint pain will prove most effective.

Pain Management and Medication Therapy

Medication therapy can be very effective in keeping patients as functional as possible while minimizing the disruption to your quality of life caused by pain. At the outpatient Pain Management Center, located at Holy Cross Hospital, a pain management physician can work with you to identify optimal solutions to minimize your chronic joint pain. Many of these solutions also are available through your orthopedic surgeon's office. Options include:

- **Medication management**, which utilizes one or a combination of medications to treat various causes and levels of pain.

- **Joint injections**, which contain medications such as anesthetics or steroids to provide temporary relief from joint pain in various parts of the body.

For more information about the Pain Management Center at Holy Cross Hospital, call **301-933-8840**.

Physical and Occupational Therapy

Physical and occupational therapy strengthens muscles around the joints, stabilizes the joint and improves range of motion. Through one-on-one sessions, Holy Cross Health's specially trained therapists can assess your condition and create an individualized treatment plan to help maintain joint health. This approach may allow you to delay surgery, or even avoid surgery altogether.

Your therapist may use a variety of techniques to help limit your pain and aid your mobility and function:

- Strengthening exercises
- Gait and balance training
- Assistive device training
- Home safety and mobility instruction
- Ultrasound, heat or cold therapy
- Orthotics
- Self-management of osteoarthritis and bracing
- Electrical nerve stimulation and manual interventions

Outpatient physical and occupational therapy is offered at Holy Cross Hospital, or may be available directly through your physician. For more information, call **301-754-7340**.

Exercise and Flexibility Classes

Exercise programs tailored to your joint and mobility needs help to increase flexibility, benefit range of motion and balance, build muscle and joint strength, and improve your overall health.

Holy Cross Health offers a variety of programs at locations throughout Montgomery and Prince George's counties. These classes include Senior Fit, Better Bones, Stay Active - Move!, Yoga, Pilates and Falls Prevention, which all may provide relief from joint pain and help prevent future debilitation and falls.

For more information about our health and wellness classes and programs, call **301-754-8800** or visit [HolyCrossHealth.org/classes-events](https://www.holycrosshealth.org/classes-events).



A retired teacher from Silver Spring, Myrna has been getting outpatient physical therapy at Holy Cross Hospital on and off for the past five years. Initially, she was rehabilitating a total knee replacement to build up strength after her surgery. Then pain in Myrna's other knee prompted her to come back, this time with the goal to remain active and avoid a second surgery.

“Physical therapy can at times be painful, but the people here make it pleasant, and the atmosphere makes it conducive to healing,” she says. “The wonderful facility and modern equipment make a big difference, but I especially appreciate having one-on-one sessions with the same therapist.”

After just a few PT sessions, Myrna noticed a difference in her mobility and felt less pain. She plans to begin volunteering again in the classroom very soon.

Joint Repair and Joint Replacement Surgery



Do you have chronic joint pain?

Are you struggling to perform everyday tasks and activities because of joint pain?

Are pain medications and/or physical therapy no longer working for you?

Is your joint pain diminishing your quality of life?

If you answered yes to any or all of these questions, surgical repair or joint replacement surgery may be the solution to your joint problems. Holy Cross Health's orthopedic surgeons perform hundreds of joint repair and joint replacement procedures every year at Holy Cross Hospital and Holy Cross Germantown Hospital.

To pre-register for your surgery, call 301-754-8300 or visit HolyCrossHealth.org/prereg.

Joint Repair Surgery Preserves Your Natural Joint

Surgical repair procedures preserve the natural joint, ligaments, cartilage and bone rather than replacing them. Holy Cross Health's experienced orthopedic surgery team performs the majority of joint repair procedures using minimally invasive techniques. Benefits of these advanced techniques include a quicker recovery, less blood loss and less scar tissue. Our surgeons are pioneers in adopting these minimally invasive procedures and have trained other physicians in the region. Surgical repair for joint injuries and arthritic conditions includes:

- **Repair of the knee, ankle, shoulder, hip, elbow and hand joints**
- **Ligament and cartilage repairs, along with injuries** — Holy Cross Health orthopedic surgeons perform arthroscopic cartilage and ligament repairs on joints throughout the body.
- **Rotator cuff repair** — This minimally invasive procedure is performed through small incisions near the shoulder joint, typically on an outpatient basis. Most patients return home the same day.

Out With The Old, In With The New: Joint Replacement

Injuries, wear and tear, and the aging process all contribute to arthritis. When the resulting pain, swelling and loss of motion can no longer be treated non-surgically, and repair of the joint isn't possible, joint replacement surgery is an effective option for restoring mobility and returning you to the activities you love.

Joint replacement surgery involves removing either part or all of the damaged joint and replacing it with a prosthesis, usually made of metal and plastic. The prosthesis is designed to duplicate the functions of a normal, healthy joint. Most prostheses are designed so that your bone will attach itself to the metal as it heals for a more natural, durable result. Holy Cross Health's orthopedic surgeons perform total knee, hip and shoulder joint replacements.

Innovation Benefits Joint Replacement Patients

The orthopedic surgeons at Holy Cross Hospital and Holy Cross Germantown Hospital utilize the latest approaches to joint replacement surgery and follow best practice protocols. Some of our latest techniques include:

- **Minimally invasive hip replacement** — By using an anterior approach during surgery, our orthopedic specialists preserve the muscle and reduce post-operative complications such as dislocation. This tissue-sparing procedure is an alternative to traditional hip replacement surgery.
- **Unicompartmental knee replacement** — For patients whose problems are confined to one area of the knee, a partial joint replacement may be appropriate. Only a portion of the knee's damaged bone and cartilage is resurfaced with prosthetic components, allowing for a smaller incision and faster recovery.
- **Reverse total shoulder replacement** — When conventional shoulder replacement surgery isn't a good option for patients with large rotator cuff tears or other circumstances, this approach uses different muscles in the arm for movement.

Joint Program Support

Our multidisciplinary team of joint specialists at Holy Cross Hospital and Holy Cross Germantown Hospital understands that the decision to move forward with joint replacement surgery is a personal one. We are dedicated to seeing you through the entire joint replacement process, from pre-surgical preparation with extensive patient education to your surgery and recovery.



Carol's Total Knee Replacement Story



“For years I simply tolerated the pain and got shots for instant relief,” explains Carol, a total knee replacement patient who is always on the go. But, after a while, the pain simply became too much for her to bear. “My knee was screaming at me, and after years of trying different treatment options, my doctor suggested I see a surgeon.”

Like many people, Carol was apprehensive about surgery. That is, she says, until she talked with her Holy Cross Health surgeon.

“My doctor had a wonderful manner. He looked me right in the eye, answered all my questions and took away my terror.”

More than five years after her surgery, Carol is still going strong.

Preparing for Surgery and Recovery



Successful joint replacement surgery begins before the scheduled procedure. Our team is with you through the entire process — it's all part of Holy Cross Health's continuum of care.

Pre-Operative Joint Replacement Class

Once you have scheduled your total hip or total knee replacement surgery, Holy Cross Hospital and Holy Cross Germantown Hospital offer a free class that provides you with the opportunity to meet your caregivers; see our facility; and learn what to expect before, during and after surgery. This program involves detailed patient education for all phases of the joint replacement process. We recommend that you attend this class approximately two to four weeks prior to surgery and encourage you to bring a support person.

To register for our joint replacement class, visit [HolyCrossHealth.org](https://www.holycrosshealth.org) or call 301-754-8800.

Home Safety Assessment Before Surgery

Returning home after joint replacement surgery is generally preferred by patients and physicians, and offers benefits for a smoother recovery. Holy Cross Home Care offers a preoperative home safety assessment to evaluate and overcome any barriers to safely returning directly home after surgery. A licensed, experienced therapist can visit your home prior to surgery and help you identify what level of support, assistance and equipment you might need as well as suggest other preparation for recovering safely at home. This program is optional but strongly encouraged for those who would prefer to avoid a stay at a rehabilitation or skilled nursing facility after leaving the hospital. For more information, call Holy Cross Home Care at **301-754-7747**.

Post-Surgery and Discharge Planning

After surgery, your patient care plan is grounded in evidence-based protocols for each phase of your recovery. The plan is intended to get you on the path toward independence, starting on the day of your procedure. Pain management and inpatient rehabilitation, including physical and occupational therapy, will be coordinated during your stay.

Discharge planning begins well before surgery and is adjusted accordingly as you progress through surgery and post-operative care to ensure a seamless transition from hospital to home.

We recognize that not all patients are able to safely recover at home, and our social workers are ready to assist those who require a skilled nursing or rehabilitation facility. Our coordination includes insurance approval and arranging transportation to the facility.

Rehabilitation — An Important Part of the Recovery Process

After surgery, rehabilitation plays a critical role in regaining independence and restoring the function you need for the daily activities you enjoy.

At Holy Cross Hospital and Holy Cross Germantown Hospital, we initiate the rehabilitation process on the day of your procedure. Our interdisciplinary team will support your recovery by getting you out of bed and walking the halls within 24 hours of surgery. This approach helps to reduce the length of your hospital stay and prevents complications. We'll also train you to use adaptive equipment to assist with your function while maximizing your safety.

Physical therapy after joint surgery emphasizes increasing strength and range of motion to improve overall mobility, including getting in and out of bed, walking and stair climbing. Occupational therapy focuses on regaining the ability to perform activities of daily living such as bathing, dressing and toileting.

As you recover, managing your pain is a top priority for our nurses and pain management specialists.



John's Total Hip Replacement Story



It was during a trip to South Africa when John, a retired Capital police officer with years of hip pain, realized he could no longer put off surgery.

“There was a lot of walking, and I barely made it through the trip,” he says. “My hip was basically bone rubbing on bone.”

John underwent a total right hip replacement at Holy Cross Hospital and was discharged after three days. John's first hip replacement went so well that when his left hip started giving him problems a few months later, he didn't hesitate to have it replaced, too. John's surgeon performed the procedure utilizing an advanced minimally invasive technique resulting in a smaller incision with less blood loss and a faster recovery.

“If I had known hip replacement surgery was going to be this easy, I would have done it sooner!” John says.

Recovering from Surgery in Privacy



A private room at Holy Cross Germantown Hospital

While there is certainly no place like home while recovering from surgery, both Holy Cross Hospital and Holy Cross Germantown Hospital offer patients the comfort of a private room throughout your stay.

Amenities such as room-service-style meal delivery, free wireless Internet access, cable television and a private bathroom add to your comfort and peace of mind. And, because patients benefit greatly from visitors, your designated support person is welcome to remain by your side and stay overnight on the sleeper sofa. For up-to-date visiting guidelines, visit HolyCrossHealth.org.

Private patient rooms provide a number of important benefits that can transform your patient care experience, including:

- Privacy that enhances rest and recuperation
- More open and meaningful conversations among patients, families and caregivers
- Generous space for added comfort, including visiting with friends and loved ones for emotional support to help foster recovery
- Reduced risk of infections

“The staff is wonderful,” says Carol, total knee replacement patient. “They did everything they could to make me comfortable. It was especially nice to recover in a private room.”

Adaptive Equipment

You may receive adaptive equipment recommendations from your care team prior to and during your stay at the hospital, and our team will assist with the arrangements. Equipment you may need following joint surgery could include one or more of the following:

- Walker
- Crutches
- Cane
- Bedside commode
- Toilet seat riser
- Shower seat
- Tub or shower grab bars
- Reacher, long-handled sponge, shoe horn or sock aide

Continuum of Care After Discharge

Our commitment to your recovery doesn't end after you leave the hospital. Recommendations for your optimal care are made by the entire joint team including your case manager, therapists, nurses and your physician. Whether you need a little extra help at home or longer-term inpatient care for your recovery, our team will help you find services for your individual needs. If you're discharged home, you'll receive check-in phone calls to ensure that you have what you need for a successful recovery.

Physical Therapy After Discharge

After leaving the hospital, rehabilitation still plays a significant role in the success of your joint replacement. Your case manager will arrange home or outpatient physical therapy to begin soon after the day you are discharged. By guiding you through your individualized program, your therapist will help you transition back to normal activities.

If you're moving to a skilled nursing or rehabilitation facility after discharge, the information for your therapy plan will be shared with your chosen facility.

Most people are able to transition from home-based therapy to a more structured outpatient program within a few weeks of surgery. Holy Cross Health offers post-surgery outpatient physical therapy at Holy Cross Hospital, or it may be available directly through your physician. For more information, call **301-754-7340**.



Holy Cross Hospital's rehabilitation gym for joint surgery inpatients

Chris' Partial Knee Replacement Story



Basketball, years of intense training and work as a contractor took its toll on Chris' knees. He'd had previous surgeries to deal with the pain but eventually the time was right for joint replacement.

Chris was a good candidate for a partial knee replacement, allowing for better range of motion in all directions after surgery — perfect for an active guy like him.

“Hours after surgery, the therapist had me up and walking. At my eight-week post knee-surgery appointment, I was feeling remarkably better — and already back to work remodeling a kitchen.”

Home- and Community-based Care to Meet Your Needs



Whether you need a little help with your recovery following joint surgery, or a good deal of assistance, Holy Cross Health offers options for your care outside the hospital.

Holy Cross Home Care

Holy Cross Home Care provides a multidisciplinary team of skilled professionals who are dedicated to helping restore your mobility, function and independence. Based on your individualized care plan, services can include physical and occupational therapy in your home. Should the need for a higher level of medical care arise, medical care services delivered by our registered nurses, and medical social workers can also be arranged. Holy Cross Home Care is state-licensed, Medicare-certified and CHAP-accredited. For more information, call **301-557-HOME (4663)**.

Skilled Nursing Care

Some patients may need extra care after leaving the hospital and can benefit from a stay in a rehabilitation facility for joint replacement recovery, which provides more intensive therapy. Sanctuary at Holy Cross, a Trinity Senior Living Community affiliated with Holy Cross Health located in Burtonsville, Md., offers nursing and rehabilitation services. For more information, call **301-557-1400**.

Holy Cross Health also has partnerships with a number of skilled nursing and rehabilitation facilities in Montgomery County that have a high rating on the Centers for Medicare & Medicaid Services (CMS) Nursing Home Compare website. These partners have committed to working with us on quality initiatives such as improved communication between health care providers and preventing infections. Your case manager will assist with the transition should the need for skilled nursing and inpatient rehabilitation be necessary, and a nurse will follow up the next day to ensure a smooth transition to the facility.

Fitness, Education and Support Resources

Holy Cross Health offers joint patients a variety of health and wellness resources that continue our commitment to your good joint health. For more information about these programs, visit [HolyCrossHealth.org](https://www.holycrosshealth.org) or call **301-754-8800** unless otherwise noted.

- **Falls Prevention Program** — Receive a free falls risk assessment and learn how to reduce your risk for falls and increase strength and balance through sensory training and exercises.
- **Better Bones** — This free program is designed for people ages 55 and older. It focuses on reducing the rate of bone loss, improving balance and flexibility, and enhancing energy and well-being.
- **Senior Fit** — This free, 45-minute fitness program is designed to improve mobility for adults ages 55 and older. Available at 25 locations throughout Montgomery and Prince George's counties.
- **Holy Cross Senior Source** — A center located in downtown Silver Spring that provides physical activity, education and information on health and wellness for adults ages 55 and older.
- **Community Fitness Classes** — Holy Cross Health offers affordable exercise and movement classes that include Yoga, Pilates, Zumba, Ballroom/Latin/Swing dancing and more.
- **Holy Cross Caregiver Resource Center** — The center eases the burdens on family caregivers by providing support groups and other resources to those caring for a family member. For more information, call **301-754-7152**.
- **Holy Cross Medical Adult Day Center** — A caring, compassionate and positive environment where seniors and medically disabled adults ages 18 and older can participate in recreational activities and receive health care. For more information, call **301-754-7150**.

Private Home Services

Holy Cross Private Home Services provides certified nursing assistant (CNA) services to people in Montgomery and Prince George's counties. Under the direction of a registered nurse, CNAs provide personal care assistance including assisting with activities of daily living, meal preparation, light housekeeping/laundry, medication reminders, and accompanying clients to medical appointments and procedures. For more information, call **301-754-7780**.

Convenient Primary Care

Holy Cross Health's House Calls program enables homebound older adults to receive primary medical care at home. Our nurse practitioners are specially trained and certified to provide comprehensive medical care, including examining and diagnosing patients, arranging for lab and other diagnostic services, and prescribing medications. Visits are covered by Medicare and most insurance plans. For more information, call **301-754-7965** or **301-754-7849**.

Holy Cross Health Partners are primary care sites owned and operated by Holy Cross Health, with locations at Asbury Methodist Village and in Kensington. These practices specialize in internal medicine for adults and include physicians with geriatric medicine training and expertise. For more information, visit [HolyCrossHealth.org](https://www.holycrosshealth.org), or call **301-557-2110** for the Asbury Methodist Village location or **301-949-4242** for the Kensington location.

Chetna's Exercise Story



Senior Fit has become the region's largest organized physical activity program for seniors ages 55 and older. This exercise class has grown to more than 70 classes offered at 25 community-based sites each week. A survey of participants found that 99 percent experienced improved flexibility, while 97 percent reported improved balance.

“ I was depressed before I started Senior Fit. Now I feel much better and more relaxed. I push myself to come to class and I never miss a class, even when I don't feel like coming,” says Chetna.

Meeting Health Care Needs and Improving the Health of the Community

Holy Cross Health is a Catholic, not-for-profit health system that serves patients through two hospitals, 10 primary and specialized care centers, and innovative community-based services, with the commitment to be the most trusted health care provider in the area.



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1500 Forest Glen Road
Silver Spring, MD 20910



HC HOLY CROSS GERMANTOWN HOSPITAL

19801 Observation Drive
Germantown, MD 20876

HolyCrossHealth.org

Important Phone Numbers

Holy Cross Hospital Main Number/Patient Information	301-754-7000
Holy Cross Germantown Hospital Main Number/Patient Information	301-557-6000
Find a Physician	301-754-8800
Health and Wellness Programs and Classes	301-754-8800
Holy Cross Caregiver Resource Center	301-754-7152
Holy Cross Health Partners at Asbury Methodist Village	301-557-2110
Holy Cross Health Partners in Kensington	301-949-4242
Holy Cross Home Care	301-557-HOME (4663)
Holy Cross Medical Adult Day Center	301-754-7150
Holy Cross Private Home Services	301-754-7780
House Calls Program	301-754-7965 or 301-754-7849

Make a Donation/ Holy Cross Health Foundation	301-557-GIVE (4483)
Outpatient Physical Therapy	301-754-7340
Pain Management Center	301-933-8840
Pre-registration for Surgery	301-754-8300
Sanctuary at Holy Cross	301-557-1400
Senior Source Programs and Classes	301-754-8800
TTY	301-754-7406

Holy Cross Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

¿Habla español? Le proporcionaremos un intérprete sin costo alguno para usted. Parlez-vous français? Nous vous fournirons gratuitement un interprète.

Printed in May 2017.

The information contained in this brochure is subject to change at any time. Please refer to HolyCrossHealth.org for the most up-to-date information.