

Welcome to the MemorialCare Joint Replacement Center

We Take Precision in
Joint Replacement Surgery
to the Next Level



MemorialCare[™]
Long Beach Medical Center

memorialcare.org/LBJointReplacement



Living with Chronic Joint Pain

Joints are involved in almost every activity. Movements such as walking, bending and turning require the use of your hip and knee joints. The shoulder is also a joint and is considered the most flexible joint in the body, allowing you to move your arm in various positions.

Primary candidates for joint replacement surgery are typically individuals with chronic joint pain that interferes with daily activities, such as getting out of a chair, going upstairs, sleeping and walking.

Is it Time to Consider Joint Replacement?

Joint replacement surgery is typically recommended after conservative measures, such as exercise, physical therapy and medications have proven ineffective to relieve your pain.

The decision to have joint replacement surgery should be a cooperative one between you, your family, your physician and your orthopedic surgeon. If you have been living with chronic joint pain, schedule a consult with a surgeon from the MemorialCare Joint Replacement Center at Long Beach Medical Center to learn more about your condition and potential treatment options.

Now more than ever, people that undergo joint replacement surgery are younger and more active. With recent technology outcomes for patients are improved significantly allowing people to get back to the things they love most.



Andrew Wassef, M.D.,
medical director, orthopedic surgeon,
MemorialCare Joint Replacement Center,
Long Beach Medical Center

Each year, millions of people undergo joint replacement surgery in the U.S.

Joint Replacement Surgery

The MemorialCare Joint Replacement Center offers joint replacement surgery to patients looking for more permanent solutions for chronic pain that affects their quality of life. When the joint becomes diseased or injured, the resulting pain can severely limit your ability to move and work.

The most common reason for joint replacement surgery is severe osteoarthritis. Joint replacement surgery involves the removal of damaged or diseased parts of the joint, replacing them with artificial components, called a prosthesis (implant).

The prosthesis is designed to replicate the movement of a normal, healthy joint. Your surgeon will discuss the type of implant that will be used for your joint replacement surgery. Recommendations for surgery are based on a patient's pain and disability, not age.



Partial Knee Replacement Surgery

Partial knee replacement is an alternative to total knee replacement where only the damaged part of the knee cartilage is replaced with a prosthesis. Partial knee replacement surgery helps patients regain their quality of life sooner, instead of waiting in chronic pain for a total joint replacement surgery.



Total Knee Replacement Surgery

Total knee replacement surgery replaces a severely damaged knee joint with a prosthesis. Total knee replacement surgery is considered for patients whose knee joints have been damaged by either progressive arthritis, trauma or other rare destructive diseases of the joint.



Total Hip Replacement Surgery

Total hip replacement surgery (also called total hip arthroplasty) is a procedure that replaces a worn-out or damaged hip joint to restore the alignment and function of your hip. The surgeon replaces the damaged joint with a prosthesis.



Shoulder Replacement Surgery

Over time some people can experience pain and stiffness in their shoulder due to arthritis or injury. In shoulder replacement surgery, the damaged parts of the shoulder are removed and replaced with a prosthesis.



Our expert surgery team with one of our Mako Systems.

Advancements in Knee & Hip Replacement Surgery

Over the years, joint replacement techniques and instrumentation have undergone countless improvements. The experienced surgeons at the MemorialCare Joint Replacement Center embrace advanced joint replacement technology.

One of the latest advancements in technology is a robotic-assisted surgical technology called Mako™ Robotic-Arm Assisted Surgery, bringing a new level of precision to treating patients with knee and hip pain.

Mako is often preferred by younger, more active patients because it typically results in a faster recovery and quicker return to recreational sports and activities from before surgery. Mako Technology also reduces the percentage of patients that will require a revision surgery in their lifetime.



Mako™ Robotic-Arm Assisted Surgery

Mako™ Robotic-Arm Assisted Surgery is an innovative solution for people suffering from painful arthritis of the knee or hip. Mako Technology uses a 3D CT-based planning software so skilled surgeons can know more about your unique anatomy to create a personalized joint replacement surgical plan. Mako Technology procedures we offer include.

Mako Partial Knee

Mako Partial Knee is an innovative treatment option designed to treat early to mid-stage osteoarthritis that doesn't affect all three compartments of the knee. By selectively targeting the part of the knee damaged by osteoarthritis, our surgeons can resurface your knee while sparing the healthy bone and ligaments surrounding it. Candidates tend to be younger, more active and in otherwise good health.

Mako Total Knee

If you are living with mid to late-stage osteoarthritis of the knee, Mako may be an option for you. During Mako assisted surgery, your orthopedic surgeon will use a robotic-arm assisted procedure that includes real-time information and images of your knee, allowing for more precise placement of the knee implant.

Mako Total Hip

If you are suffering from hip osteoarthritis, Mako may be a good alternative to traditional total hip replacement surgery. During Mako assisted surgery, your orthopedic surgeon will use a robotic-arm assisted procedure that includes real-time information and images of your hip, allowing for more precise placement of the hip implant.



Monica Martinez, 59,
paddle boarding two months
after Mako™ Total Hip



Michael Pahl, M.D., orthopedic surgeon,
MemorialCare Joint Replacement Center,
Long Beach Medical Center

First in LA County to Use ExactechGPS® for Shoulder Replacement Surgery

Over the years, shoulder joint replacement has come to be used for many other painful conditions of the shoulder, such as different forms of arthritis. Shoulder replacement surgery is highly technical. At the MemorialCare Joint Replacement Center, shoulder replacement surgery is performed by an experience surgical team that embraces advanced technology, including ExactechGPS® Guided Personalized Surgery technology.

The ExactechGPS® allows surgeons to view a 3D anatomical model of a patient's shoulder, making adjustments in real time. This unique technology allows for more consistent and accurate implant placement. In fact, we are the only hospital in Los Angeles County with this technology.

Exceed National Averages in Our Patient Outcomes

* National average data comes from Healthcare Cost and Utilization Project (HCUP) database 2016 (most recent public data)

The Joint Replacement Center is constantly measuring patient outcomes against national standards.

Days in the Hospital
1.44



Patients recover sooner and leave the hospital quicker to get them back to their life.

National average*: 2.7 days in the hospital

Discharged Home
95%



Average number of patients being discharged directly to their home rather than a Skilled Nursing Facility.

National average*: 71% discharged home

Patients Walking
92%



Before discharge, 92% of joint replacement patients walk at least 300 feet (nearly the length of one football field) all at one time.



The MemorialCare Joint Replacement Center Care Team

Joint Care Coordinator

The joint care coordinator oversees coordination of your care from the surgeon's office, to the hospital and home, including:

- Review what you'll need at home after your surgery, including support if required
- Assess and plan for your specific care needs, such as anesthesia and medical clearance for surgery
- Coordinate your discharge plan when you go home or to a facility with additional support
- Act as your advocate throughout the course of treatment from surgery to discharge
- Answer questions and coordinate your hospital care with the Joint Replacement Center's team members.

Orthopedic Surgeon

The orthopedic surgeon is the skilled physician who will perform the procedure to repair your damaged joint.

Registered Nurse (RN)

Much of your care will be provided by a nurse responsible for your daily care. Your nurse will assure orders given by your physician are completed, including medications and monitoring your vital signs.

Physical Therapist (PT)

The physical therapist will work on your functional mobility skills and teach exercises designed for strength and motion. They will instruct you in safe transfer techniques, walking with an assistive device and stair training.

Occupational Therapist (OT)

The occupational therapist will guide you in performing daily tasks, such as bathing and dressing with your new joint. They may demonstrate special equipment used in your home after you receive your replacement, including shower benches, grab bars, rails and raised toilets.

Pre-Operative Education is Key

The MemorialCare Joint Replacement Center offers a special class that is held weekly for patients scheduled for joint surgery. Patients are encouraged to attend a class prior to surgery.

Patients only need to attend one class. A member of the care team will be there to answer questions. It is strongly suggested that patients bring a family member or friend to act as your “coach” (someone who will be with you in the hospital and/or at home). Coaches are not required, so if you don’t have one don’t worry, the care team will be here for you.

The outline of the class is as follows:

- Learn about joint disease
- Understand the role of coach
- Meet members of the joint replacement care team
- Tour the MemorialCare Joint Replacement Center
- Learn breathing exercises
- Review pre-operative exercises
- Learn about assistive devices
- Set discharge planning goals





Cruising to Recovery

The MemorialCare Joint Replacement Center is a leader in Southern California in hip and knee replacements – where a revolutionary philosophy encourages patients to become active as soon as possible, often on the same day of joint replacement surgery.

Patients, their families, volunteers and staff work together after surgery as the patient starts “Cruising to Recovery” at the cruise ship-themed MemorialCare Joint Replacement Center. With a dedicated team of joint replacement specialists, the MemorialCare Joint Replacement Center offers the latest and most effective treatments for total joint replacement.

The MemorialCare Joint Replacement Center experience includes:

- Pre-operative class to help set expectations for surgery and plan for recovery
- Dedicated nurses and therapists trained to work with joint patients
- A wellness approach to care
- Designated unit with 15 private rooms designed to provide comfort and promote recovery
- Promoting patient and family-centered care in encouraging a family/friend participating as your “coach”
- A joint care coordinator
- A comprehensive patient guide

Pre-Operative Guidebook

Patients that participate in the pre-operative class receive a pre-operative guidebook that is used as a communication tool for patients, physicians, physical and occupational therapists and nurses. It is designed to educate you so that you know:

- What to expect every step of the way
- What you need to do
- How to care for your new joint

Remember, this is just a guide. Keep the guidebook as a handy reference for at least the first year after your surgery. The care team may add to or change any of the recommendations. Always use their recommendation first and ask questions.

Frequently Asked Questions

Are There Complications?

As with any surgery, there is a risk of developing complications after joint replacement surgery. Although the chance is low, your orthopedic surgeon will discuss all of the possible complications with you prior to surgery.

What about Pain?

The pain you are currently experiencing in your knee or hip will be gone after surgery; however, you will have surgical pain. Using medication, ice and mobility, and post-operative care, we are able to help you manage your pain after surgery. The goal is to get you back to the activities you enjoy as soon as possible and without pain.

How High Are My Potential Risks and Complications?

The complication rate following joint replacement surgery is very low. Serious complications, such as joint infection, occur in less than two percent of patients. Nevertheless, as with any major surgical procedure, patients who undergo total joint replacement are at risk for certain complications — many of which can be successfully avoided and/or treated.

Are There Restrictions After Surgery?

Certain activities should be avoided after joint replacement surgery. Orthopedic surgeons advise patients against participating in high impact activities, such as jogging, skiing, singles tennis, contact sports and repetitive lifting exceeding 50 pounds. Instead, low impact activities like recreational walking and biking, swimming, golf and ballroom dancing are encouraged and help patients remain active after surgery.

How Long Will I Be in the Hospital?

The “Cruising to Recovery” theme is designed to help hip and knee replacement patients achieve successful recovery after joint replacement surgery. With improvements in surgical technique, post-op care and the “Cruising to Recovery” regimen, patients should expect to return home from the hospital in no more than one to two days. Our goal is for you to recover in the comfort and privacy of your home as soon as possible.





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How Soon Can I Drive?

Each patient is different. Depending on your progress, you could be driving a car between 4-6 weeks after surgery.

How Long is the Recovery Process?

During the "Cruising to Recovery" regime, joint replacement patients are up and walking the day of surgery. After patients are discharged, they continue physical therapy exercises they learned from the "Cruising to Recovery" experience in the comfort of their own home to promote range of motion in their new joint. Typically, patients need the assistance of a walking device (i.e. walker, crutches) during this time, followed by a cane for another three to six weeks. Patients are able to drive within four to six weeks and are able to participate in more strenuous activities in six to 12 weeks.

Do I Need to Worry About Blood Clots?

Blood clots can result from several factors, including the patient's decreased mobility following surgery, which slows the movement of the blood. There are a number of ways to reduce the risk of blood clots, including:

- Blood thinning medications (anticoagulants)
- Plastic boots that inflate with air to promote blood flow in the legs
- Walking at regular intervals while awake

Is Joint Replacement Right for You?

People often live with joint pain and put off joint replacement surgery, but technology and times are changing — you don't need to suffer needlessly.

If you answer "yes" to any of the questions in the questionnaire, start by talking with your primary physician and ask for a consultation with one of our experienced orthopedic surgeons. This is your opportunity to learn more about surgical options to relieve your pain and get back to the life you want to live.

Don't put this off. The MemorialCare Joint Replacement Center has a number of options to get you back to the things you love.



Rose Rakosky, 62,
back to hiking trails
after a double knee replacement

Ask yourself the following questions:

- YES NO
Does the pain in your hip, knee or shoulder
_____ make it **difficult for you to sleep at night?**
- YES NO
Have you tried **medications** to ease the
_____ pain but they are no longer helping?
- YES NO
Is the pain from your **arthritis** affecting
_____ your ability to do the things you enjoy?
- YES NO
Do you have a hard time **keeping up**
_____ with friends or family at the mall, the
_____ theater, or on outings?
- YES NO
Are you **doing less** of the things you
_____ enjoy because of your arthritis pain?
- YES NO
Does the pain make it **difficult to enjoy**
_____ time with your grandchildren?
- YES NO
Is it difficult to **get out of a chair,**
_____ go up stairs, get off the toilet or pick
_____ something up from the floor?

The Mission

To improve the health and well-being of individuals and their families through innovation and the pursuit of excellence.

The MemorialCare Joint Replacement Center embraces advanced technology and is dedicated to offering the latest treatments for patients with chronic joint pain. A rapid rehabilitation program results in faster recovery. Patients are discharged after 1.44 days, compared to the national average of 2.7.





MemorialCare Joint Replacement Center

- Access to board-certified orthopedic surgeons trained in joint replacements
- Latest minimally invasive joint replacement techniques
- Preoperative patient education class to prepare you for the program
- Dedicated joint care coordinator to help navigate you through the program
- 15 private patient rooms
- Dedicated group therapy room
- Specialized orthopedic nurses
- Physical therapy team to help you regain strength
- Occupational therapists that return you to daily tasks



MemorialCare™

Joint Replacement Center

Joint Replacement Center

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