Through our doors, the new state-of-the-art Orthopedic Center at Brigham and Women’s Faulkner Hospital will help you get back to doing the things you love. Our Brigham and Women’s team provides a full range of care, including the diagnosis and treatment of orthopedic diseases and injuries of the bones and joints. And it’s all conveniently located close to home in Jamaica Plain. To learn more about the new Brigham and Women’s Orthopedic Center, check out the various articles in this newsletter, visit us online at www.brighamandwomensfaulkner.org or call 617-983-7500.
For more than 15 years, Brigham and Women’s Foot and Ankle Center has been meeting the needs of the community at Brigham and Women’s Faulkner Hospital by offering a full range of care for foot and ankle needs. Working side by side, orthopedic surgeons, podiatrists, physician assistants and orthotists offer complete care in a friendly setting.

“From basic non-operative care to advanced reconstructions, including the latest techniques in minimally invasive surgery and ankle replacement, we provide it all,” says Dr. Christopher Chiodo, Chief, Foot and Ankle Surgery Service.

“We see the full gamut of foot and ankle injuries and problems,” says surgeon Dr. Jeremy Smith. Whether you suffer from trauma, tendonitis, arthritis, deformities (such as bunions), diabetes or you have a sports-related injury, the team at Brigham and Women’s Foot and Ankle Center can address all manner of problems from the knee down through a spectrum of surgical and non-surgical treatment options.

In all cases, “We strive overall to use evidence-based medicine. We want to use treatments that are successful and have been shown to be successful in the medical literature,” says surgeon Dr. Eric Bluman. Dr. Bluman also emphasizes that “We take time with patients, we talk with them.” This way, patients understand their options and have the knowledge necessary to make informed decisions about their health.

The providers at Brigham and Women’s Foot and Ankle Center are nationally renowned and have lectured both nationally and internationally on various foot and ankle topics. From bracing, splints and physical therapy to cutting-edge surgical techniques, patients with foot and ankle problems are sure to receive high-quality care. Patients can also take full advantage of the programs and services available at Brigham and Women’s Faulkner Hospital, including the Pain Management Center and related sub-specialties in orthopedics, when they seek treatment at Brigham and Women’s Foot and Ankle Center.

If foot and ankle pain is keeping you from leading the active life you want, call 617-983-7500 today.
According to Dr. Wolfgang Fitz, Orthopedic Surgeon in Brigham and Women’s Department of Orthopedic Surgery at Brigham and Women’s Faulkner Hospital, people suffering from chronic knee and hip pain now have several options to help alleviate their symptoms, including physical therapy, injections, strengthening programs and surgery.

“Our first choice is to always try to preserve as much of the original knee structure as possible,” states Dr. Fitz. “Recent data shows that partial knee replacements can preserve normal knee kinematics, preserve the anterior cruciate ligament (ACL), provide more range of motion and people are generally more active following this type of procedure.”

Whether a partial or total knee replacement is performed all patients undergo an innovative, integrated knee pathway focusing on better pain control and reduced nausea. All patients receive pre-operatively various oral medications to reduce pain and nausea. No patient controlled analgesic pumps are used, which very often result in severe nausea. All patients receive local injection of numbing medicine to eliminate nerve blocks which have shown to increase post-operative complications without better pain control. In fact, all patients walk 100 feet the day of surgery.

It has been shown that better pain control without nausea facilitates a quicker recovery and more satisfied patients.

“Most patients are amazed how easy recovery is,” says Dr. Fitz.

Of all the total knee replacements done, around 90 percent function for more than 10 years and 80 percent still function more than 20 years after surgery. “With specific exercises before surgery, medical advancements, pain management
chronic pain can be debilitating, preventing you from enjoying your favorite activities and even functioning on a day-to-day basis. At the Pain Management Center at Brigham and Women’s Faulkner Hospital, specialists in physiatry and pain medicine are available to help.

Physiatrist Dr. Zacharia Isaac sees patients with degenerative conditions of the spine and musculoskeletal issues. These problems include neck and back pain, disc herniations, spinal stenosis and facet osteoarthritis. For these patients, their disorders aren’t responding to treatments like physical therapy, anti-inflammatories and muscle relaxants. They also, ultimately, cause some degree of functional limitation.

Dr. Isaac says, “We try to help patients with conservative care and any and all non-surgical methods to help people improve their pain and function.” The first step is pursuing a diagnosis as precisely as possible to help patients understand their pain and plan an effective exercise regime. “Exercise is a big part of improving pain and function so we have a strong interest in trying to help patients, even with significant pain and disability issues, exercise to their maximum potential,” he says.

Physicians who specialize in pain medicine see patients who suffer from low back pain, neck pain, headaches, abdominal pain, pelvic pain, joint pain, post surgical pain and more. “Usually we see people who have tried multiple treatments without much relief. They’ve tried different medications. They’ve tried multiple operations. They’ve tried everything before they come to us,” says Dr. Jason Yong, Medical Director of the Pain Management Center.

Dr. Yong and his team employ diagnostic and therapeutic local anesthetic blocks, neurolytic injections/neuroablative procedures, physical therapy, joint injections, ultrasound guided nerve blocks, muscle injections and other adjunctive therapy.

If you suffer from chronic pain that’s preventing you from enjoying your favorite activities, call 617-983-7500 today.
As part of the new Brigham and Women’s Orthopedic Center at Brigham and Women’s Faulkner Hospital, physicians across multiple disciplines have come together to offer comprehensive services for all of your orthopedic needs, including hand and upper extremity care, which generally consists of the hands, shoulders and elbows.

Proper functioning of the upper extremity is necessary for many daily activities that we often take for granted, such as writing, driving or lifting, which all require the correct performance of the muscles, nerves, joints and bones of the upper extremity.

The design of the hands and upper extremity and its daily use – and abuse – leaves this area of the human body highly vulnerable to injury. In fact, according to the American Academy of Orthopaedic Surgeons, one-third of all acute injuries treated in emergency rooms involve the upper extremities.

At Brigham and Women’s Faulkner Hospital, many of the injuries to the upper extremity can fortunately be treated without surgery, and our physicians explore every non-operative option before considering surgical intervention. However, when surgery is necessary, our Brigham and Women’s physicians do everything possible to restore you to an active lifestyle.

“Advances in technology have ushered in a wide array of new treatment options, including innovative, minimally invasive techniques, high-tech arthroscopic instrumentation and advanced computerized tools for precise surgical navigation,” says orthopedic specialist Dr. Philip Blazar, who is a member of Brigham and Women’s Faulkner Hospital’s orthopedic staff.

“One of the many benefits of our services at Brigham and Women’s Faulkner Hospital is the ease of access for patients and the availability of our staff,” continues Dr. Blazar. “You don’t have to wait long periods of time to see an orthopedic specialist anymore. We’re right here in your community.”

“With advances in both non-surgical and surgical care and our state-of-the-art operating rooms, many orthopedic ailments that people used to live with can now be corrected, meaning a healthier, pain-free lifestyle,” adds Dr. Blazar.

To find out how Brigham and Women’s Faulkner Hospital’s orthopedic specialists can help keep you active or to schedule an appointment, please call 617-983-7500.
At Brigham and Women’s Faulkner Hospital’s Arthritis Center, patients seek treatment for a large variety of musculoskeletal as well as autoimmune diseases. “We provide both diagnostic and therapeutic services for all rheumatologic diseases,” says Dr. Kenneth Pariser, Chief of Clinical Rheumatology. In addition to adults with forms of arthritis and autoimmune diseases, associate physician Dr. Derrick Todd sees juvenile patients as young as 12 with chronic arthritis as well as adolescents with new-onset musculoskeletal health concerns.

Rheumatologists at Brigham and Women’s Faulkner Hospital work closely with your primary care physician, as well as other specialists, to ensure you get proper treatment. Treatment of rheumatologic diseases may include recommendations for physical therapy and dietary changes as well as medications that have advanced significantly over the last 10 years. Now, “When patients are diagnosed at an early stage, we can prevent deformity and loss of function and really make a dramatic difference,” says Dr. Pariser.

In those cases where medications, physical therapy or other therapeutic modalities prove to be ineffective, rheumatology patients at Brigham and Women’s Faulkner Hospital may be referred to Brigham and Women’s Orthopedic Center for a surgical approach or the Pain Management Center for a non-surgical approach. Autoimmune diseases, which cannot be treated surgically, need careful evaluation and diagnostic testing to make an accurate diagnosis, determine the extent of the illness and develop an appropriate therapeutic plan. These services can be provided by Dr. Pariser and Dr. Todd in their office at Brigham and Women’s Faulkner Hospital.

If arthritis or an autoimmune disease is preventing you from living a full and active life, call 617-983-7500 today.