

Orthopedic Services

Get back to an active life without joint pain with the breakthrough technologies and dedicated medical specialists of our comprehensive Joint Replacement Center. Englewood Hospital's fellowship-trained orthopedic surgeons, nurse practitioners, and expert team of nurses and rehab professionals work together to customize an all-inclusive pre- to post-surgery program designed for your specific needs.

You will have access to a wider array of surgical options and state-of-the-art technologies and services, including:

- Gender-specific knee implants
- Hip resurfacing
- Minimally invasive, 2-incision (MIS2) total hip replacement
- Complex revision surgery
- Unicompartmental (partial) knee replacement
- State-of-the-art diagnostics
- New Rehabilitation Center

The Joint Replacement Center also offers pre-operative classes to all patients. These involve an overview of your hospitalization as well as an introduction to your rehabilitation and discharge plans. You will meet the nurse practitioner, physical therapist, occupational therapist, case manager and nurses who will take care of you after your operation. You also will learn how to use necessary equipment and will have the chance to ask questions to help make your joint replacement experience as smooth as possible.

Directions to Englewood Hospital and Medical Center 350 Engle Street, Englewood, New Jersey

FROM ROUTE 80 East or New Jersey Turnpike (Route 95) NORTH: Local lane to Exit 70A: "Leonia to Rt.93." Exit onto Fort Lee Road. At Grand Avenue intersection turn left. Once Grand Avenue crosses Palisade Avenue, it becomes Engle Street (Route 501). Englewood Hospital and Medical Center is 1 mile ahead on the left.

FROM ROUTE 4 WEST: Take first Grand Avenue exit: "Grand Avenue/Englewood." Follow Grand Avenue. Once Grand Avenue crosses Palisade Avenue, it becomes Engle Street (Route 501). Englewood Hospital and Medical Center is 1 mile ahead on the left.

FROM ROUTE 4 EAST: Take second Grand Avenue exit: "Grand Avenue/Englewood." Make right at stop sign. Make another right onto Grand Avenue. Once Grand Avenue crosses Palisade Avenue, it becomes Engle Street (Route 501). Englewood Hospital and Medical Center is 1 mile ahead on the left.

FROM GARDEN STATE PARKWAY NORTH: Take exit 163: Route 4 East. Then follow directions FROM ROUTE 4 EAST (see above).
FROM GARDEN STATE PARKWAY SOUTH: South to exit 163: Route 17 South. Take Route 4 East exit. Then follow directions FROM ROUTE 4 EAST (see above).

FROM PALISADES INTERSTATE PARKWAY: South to exit 1: "Englewood." Exit onto Palisade Avenue. Follow Palisade Avenue to Engle Street. Make right on Engle Street. Englewood Hospital and Medical Center is 1 mile ahead on the left.

FROM 9W NORTH: 9W North to Palisade Avenue. Make left onto Palisade Avenue. Follow Palisade Avenue to Engle Street. Make right on Engle Street. Englewood Hospital and Medical Center is 1 mile ahead on the left.

FROM 9W SOUTH: 9W South to East Clinton Avenue. Turn right on East Clinton. Follow until blinking light. Make left on Dean Street to Englewood Hospital and Medical Center.

FROM GEORGE WASHINGTON BRIDGE: Follow signs to Route 4 West. Then follow directions from ROUTE 4 WEST (see above).

ENGLEWOOD | Joint Replacement Center
HOSPITAL AND MEDICAL CENTERSM | Orthopedic Institute

350 Engle Street, Englewood, NJ 07631
Main Number: 201-894-3000
www.EnglewoodHospital.com

877-862-BONE

The Joint Replacement Center



**Comprehensive Orthopedic
Services**

877-862-BONE



ENGLEWOOD
HOSPITAL AND MEDICAL CENTERSM
AN AFFILIATE OF MOUNT SINAI SCHOOL OF MEDICINE

The medical professionals at Englewood Hospital and Medical Center's Joint Replacement Center follow a comprehensive, leading-edge approach for treating and rehabilitating hips and knees.

We have combined extensive clinical expertise with a compassionate, caring treatment philosophy to create a program focused on quality care and service.

Smaller Incisions, Breakthrough Techniques, Faster Recovery

Many of our bloodless joint replacement procedures are performed with minimal, non-muscle cutting incisions that mean smaller scars, less pain and a faster recovery.

Our minimally invasive hip or knee replacement surgeries offer:

- **A smaller scar:** surgeons use the smallest incision and remove only the diseased portion of the knee or hip
- **A shorter hospital stay:** hospitalization time is minimized
- **A faster recovery:** an accelerated rehabilitation and recovery time for many patients
- **A greater range of motion:** our procedures usually result in nearly full range of motion

If you think you might be a candidate or have questions about our minimally invasive joint replacement procedures, call **877-862-BONE** for more information.

Joint Replacement Q&A

You may benefit from our comprehensive Joint Replacement Center. Here are answers to some common questions. Remember, only your surgeon can determine what's right for you!

Q. How do I know if I need a hip/knee replacement?

A. Your primary care physician or your orthopedic surgeon will examine your painful hip/knee for shape, range of motion, and your gait. They will take an x-ray to determine if you are a candidate for a total or partial joint replacement. Ultimately, it is the patient who decides when they are ready for a joint replacement procedure because this surgery is elective.

Q. What is gender specific knee surgery?

A. The gender specific knee is contoured to optimally fit the female anatomy. It is narrower and thinner to more appropriately match the angle and function of a woman's natural knee.

Q. What is the recovery time for hip/knee joint replacement patients?

A. It depends. An average patient hospital stay is about 3 days. Some patients go home after 2 days, others have stayed longer than 4 days. Recovery time depends on factors such as age, weight, overall general health, motivation, and individual rehabilitation plan.

Q. What is "minimally invasive surgery"?

A. With minimally invasive surgery the incisions that expose your knee/hip are much smaller – which usually means less pain and faster recovery. Only the surgeon can determine the safest technique for you.



Q. What is "bloodless surgery"?

A. Bloodless surgery is performed without transfusions of banked blood. This technique often improves patient outcomes. About 95% of all surgical procedures performed at Englewood Hospital – from joint replacements to open heart surgeries – are done without giving a transfusion.

Q. What does it mean to be "fellowship trained"?

A. Surgeons who are fellowship trained have gone through extensive training in a specialty area of orthopedics. After they have completed their residency, they apply to a program to further their training in a particular area, such as total joint replacement. In this way, they obtain a higher expertise in a specific area.

Do you have more questions about Joint Replacement? Call 877-862-BONE.