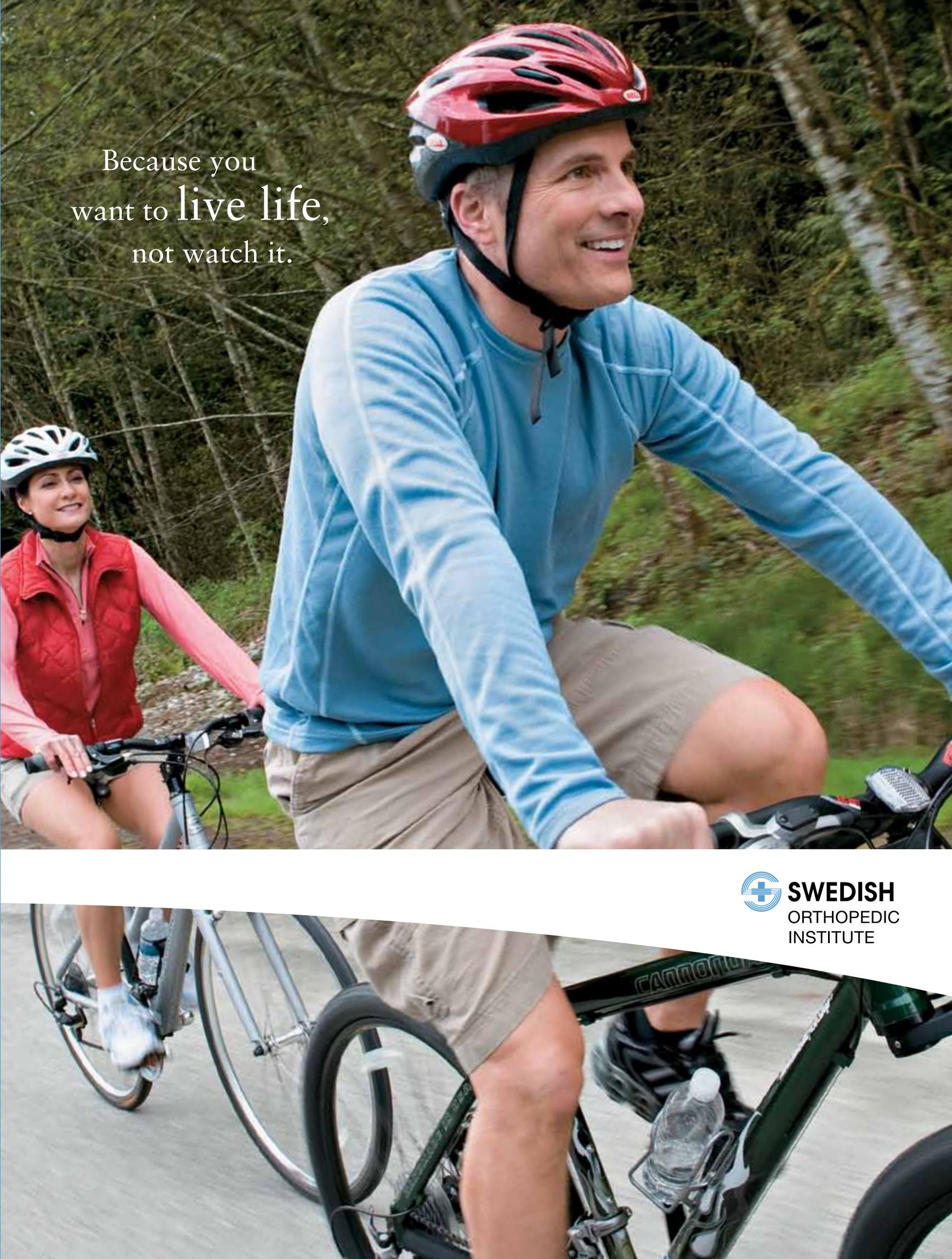


Because you
want to **live life**,
not watch it.



 **SWEDISH**
ORTHOPEDIC
INSTITUTE

POWER IN NUMBERS

- 20-30** Number of orthopedic surgeries performed at the Swedish Orthopedic Institute per day
- 2,200** Number of joint replacements performed per year at Swedish, including hips, knees and shoulders
- 1,700** Number of spine surgeries performed by orthopedic surgeons and neurosurgeons at Swedish per year





VERY FEW OF US would hesitate to take our cars into the shop at the first signs of wear and tear, but when it comes to our bodies, we idle. We choose to live with debilitating pain, gulping ibuprofen and icing our joints, hoping that, despite all evidence to the contrary, things will get better. In other words, we endure. But in the process of enduring, sometimes we do even more damage. And before we know it, we're further away from the very things that make life worth living in the first place.

RECLAIM YOUR LIFE

At the Swedish Orthopedic Institute, our goal is simple: we want you to get your quality of life back. And thanks to a dedicated team of 54 orthopedic surgeons and hundreds of nurses, therapists and other clinicians specializing in orthopedics, that's exactly what we do for our patients every single day.

The experience and reputations of our surgeons are so respected that they attract patients from every corner of the Pacific Northwest and beyond. They are also the reason why Swedish is the most preferred hospital for orthopedic care in the region.

375,000 Number of Americans who had a hip replaced in 2005*

530,000 Number of Americans who had a knee replaced in 2005*

54 Number of active orthopedic surgeons on the Swedish medical staff



“What attracted me to Swedish were the other physicians. They’re smart, skilled, well-known and they take great care of patients. The nursing care is also excellent. It’s a very collegial environment; we spend a lot of time together sharing ideas and solutions.”

James P. Crutcher, M.D., Chief of Orthopedics

“Innovation is our hallmark. The orthopedists at Swedish are highly specialized with advanced training. They are forward thinking and leaders in their field. Many are involved in the design of future products not just locally, but globally.”

Robert A. Winqvist, M.D., Orthopedic Surgery



James P. Crutcher, M.D.
Chief of Orthopedics

We perform more than 5,000 orthopedic surgeries every year.

Before you decide on surgery, ask your doctor how many times he or she has performed your procedure. It's a critical differentiator. Studies show that better outcomes are directly linked to your doctor's experience. That's why our orthopedic medical staff includes subspecialists in every orthopedics category. From joint replacement and spinal surgery to pediatric care, hand surgery, musculoskeletal tumors and sports medicine, you can rest assured that we have the right person, right here.

Our surgeons don't meet standards. They set them.

Swedish affiliated orthopedic surgeons do more than lead; they pioneer. It was at Swedish that the first artificial hip in Seattle was implanted; here that many of today's leading edge joint-replacement instruments and techniques were tested; here that numerous

special plates and rods were developed to treat a variety of fractures; and here that innovative techniques for lumbar surgery are leading to smaller incisions, higher success rates and higher patient satisfaction.

Our specialized teams are second to none.

Excellent surgical outcomes depend not only on the skill of the surgeon, but on the talents of the entire team. At the Swedish Orthopedic Institute, our nurses are orthopedic specialists with training that far exceeds standard nursing care. And our physical therapists are experts in the art of rehabilitation, creating individualized exercise programs carefully designed to help you regain agility and promote strength after surgery.

7 million Number of people in the U.S. affected by arthritis*

nearly 32 million Number of physician visits that result from arthritis-related concerns per year*

over 1 million Number of hospital visits that result from arthritis per year*



“We’re seeing an increase in overtraining and overuse injuries in young athletes, especially with the increase in year-round league play. That’s why we provide a full range of services, from sophisticated biomechanical evaluations to improve performance and prevent injury, sports psychology and nutrition consultations to surgical care and rehabilitation.”

Laurel H. Saliman, M.D.,
Pediatric Orthopedic Surgery



“Back pain is one of the nation’s leading causes of disability and one of the most common reasons for physician visits in the U.S. At Swedish we specialize in the most up-to-date techniques to treat a full range of spinal conditions, from scoliosis and degenerative or herniated spinal disks, to fractures and tumors of the spine.”

Jeffrey L. Garr, M.D., Orthopedic Surgery



Daniel L. Flugstad, M.D.
Orthopedic Surgery

Sometimes surgery isn't even necessary.

While the Swedish Orthopedic Institute provides a full range of orthopedic and musculoskeletal care options—from minimally invasive procedures to complex operations such as total joint replacements, fracture repair, and neck and spine surgery—you should also know this: sometimes surgery isn't even necessary.

Thanks to our outstanding team of clinicians, we can often evaluate and treat a full spectrum of orthopedic conditions and athletic injuries—from sore shoulders to aching backs—without surgical intervention.

For added convenience, Swedish offers a broad range of orthopedic services at our Ballard campus and an orthopedic specialty clinic at our Issaquah campus.

Our new facility offers dedicated orthopedic care in one convenient setting.

Being the region's leader in orthopedic care and innovation is more than a goal; it's our commitment. Today that commitment takes the form of a new \$140 million, 372,000-square-foot, technologically advanced, fully integrated facility designed to handle every aspect of your orthopedic care. Features include:

- a dedicated surgical floor, with 10 surgical suites
- a dedicated presurgical education area
- three floors of inpatient care, including rehabilitation equipment and 84 private patient rooms designed with the patient and family in mind
- two floors of medical offices
- an outpatient pharmacy and lab
- conference rooms
- a café
- four levels of parking

10-14 Number of days joint replacement patients stayed in the hospital in 1990*

3-4 Number of days joint replacement patients stay in the hospital today*

30% Projected increase in number of knee replacements performed by 2016*



“At Swedish, quality of life is our goal. The orthopedic surgeons at the Swedish Orthopedic Institute meet weekly to review cases, to discuss new research, to illustrate new techniques they have learned, and to work together to find solutions for the most complex of cases. The result of this teamwork is the best possible outcome for the patient.”

James W. Pritchett, M.D.,
Orthopedic Surgery



Sean D. Toomey, M.D.
Orthopedic Surgery

The Joint Journey—a personalized guide to your joint replacement.

To help you be well prepared for surgery, we put you on a care path called the Joint Journey, a step-by-step plan that lays out your daily routine, from pre-admission testing and surgery to inpatient recovery and outpatient rehabilitation. Every detail of your care is carefully planned and coordinated to ensure your best possible outcome.

In addition, we offer classes and exercise DVDs that will help both you and your family get ready for your hospital stay and your return home. And after you've recovered, we'll still be with you with an after-care celebration party, and a detailed plan to help you maintain your new joint's health.

SURGICAL SPECIALTIES

Joint replacement

Spine, back and neck

Bone and tissue tumors

Hand and upper extremity

Sports medicine

Pediatrics



Focus on patient care.

While the Swedish Orthopedic Institute offers comprehensive services, our reach also extends to the multispecialty environment of Swedish, one of the region's leading medical centers—allowing us to deliver an unparalleled continuum of care. In short, our focus is on patient care—complete patient care. So no matter what your individual care plan may require, we can—and will—provide it.

Feel good again.

It's not a coincidence that we perform more joint replacements than any other hospital in the region, or that so many professional athletes, weekend warriors and seniors—even patients from as far away as Alaska, Montana and beyond—turn to us to improve their quality of life. A few hours in the car or a day's travel; either way, it's a very small price to pay for a chance to feel good again.

For a free referral to an
orthopedic specialist,
call 1-800-SWEDISH
(1-800-793-3474)
or visit swedish.org



First Hill
601 Broadway
Seattle, WA 98122-4307

For a free physician referral:
1-800-SWEDISH (1-800-793-3474)
www.swedish.org