ORTHOPAEDICS AT FIRSTHEALTH

The award-winning orthopaedic program at FirstHealth provides a complete range of treatments for nearly every orthopaedic condition, including sports injuries; joint disorders of the knee, hip and shoulder; arthritis; neck and back injuries and disorders; osteoporosis; and hand and foot disorders.

The FirstHealth joint replacement program has one of the highest success rates in the country. FirstHealth’s orthopaedic surgeons perform both full and partial joint replacements, as well as a number of other procedures to restore normal function to damaged joints.

The goal of the orthopaedic team is to help individuals with bone, joint and muscle problems to maximize their quality of life and level of function in a safe and efficient manner.

ORTHOPAEDIC SURGEONS

Mid-South Orthopaedic Clinic, P.A.
(910) 295-4500
Glen D. Subin, M.D.

Pinehurst Orthopedic Group, P.A.
(910) 295-7070
Jason E. Guevara, M.D.
James T. Marino, M.D.

Pinehurst Surgical Clinic, P.A.
Orthopaedic & Joint Replacement Center
Pinehurst – (910) 295-0227 or (910) 295-0295
Mark E. Brenner, M.D.
David J. Casey, M.D.
Neil A. Contri, M.D.
David P. Fedder, M.D.
Keith L. Jackson II, M.D.
Christopher M. Johnson, M.D.
John R. Moore IV, M.D.
Ward S. Oakey Jr., M.D.
David E. Strom, M.D.
Daniel M. Williams, M.D.
Kurt P. Wohlrab, M.D.

Sandhills Orthopaedic and Spine Center
(910) 692-3144
James E. Rice, M.D.

For more information on these physicians or orthopaedic services at FirstHealth, please visit www.firsthealth.org/ortho
FirstHealth Offers a Full Spectrum of Orthopaedic Care

**Diagnostics**
Imaging techniques, including X-rays, MRIs, CT scans and other tests, help narrow the causes of patients’ problems and ensure that the diagnoses are correct.

**Surgical Services**
Our talented team of surgeons has significant experience and expertise in treating common orthopaedic problems such as fractures and tendinitis. In addition, our orthopaedic surgeons have received advanced training and experience in highly specialized areas such as spine surgery, hand surgery and joint replacement surgery.

**Orthopaedic Nursing Unit**
Patients recovering from orthopaedic surgery will recover in a dedicated orthopaedic nursing unit. These nurses have expert knowledge and experience in caring for the special needs of orthopaedic patients.

**Rehabilitation-Inpatient**
Patients who undergo joint replacement surgery and other types of major joint operations may spend a few days in FirstHealth’s nationally accredited Inpatient Rehabilitation. Physical and occupational therapists who are experts in orthopaedic rehabilitation help patients develop a regimen to regain their strength and mobility.

**Rehabilitation-Outpatient**
Recovering fully from a serious joint injury or major surgery takes time. Outpatient rehabilitation helps people continue their recovery and rehabilitation as outpatients. The Rehabilitation-Outpatient therapists design exercise programs for individual patients and closely monitor their progress.

**Home Care**
FirstHealth Home Care brings highly skilled medical services right to your door. A physical and/or occupational therapist will visit you in the comfort and convenience of your home to help you continue your post-surgical recovery through an in-home rehabilitation program.

**Pain Management**
FirstHealth pain clinics address both the physical and psychological needs of patients who experience chronic pain, including the pain of arthritis and other joint disorders.

**FirstHealth Fitness**
FirstHealth Fitness offers a variety of exercise programs to help strengthen muscles and joints and prevent injuries. A long-term program of regular exercise also can help avoid a recurrence of joint problems.

**Osteoporosis Bone Density Screening**
Bone densitometry is an advanced technology that safely, accurately and painlessly measures bone mineral density. An accurate bone density reading can help you and your physician plan an effective treatment plan for osteoporosis.

For more information on any of these services, call 1 (800) 213-3284 toll-free, or visit www.firsthealth.org.