Cleveland Clinic Orthopaedic & Rheumatologic Institute

Where You’ll Find the Best Care for Musculoskeletal and Rheumatologic Problems
We are proud of the excellent care the Cleveland Clinic Orthopaedic & Rheumatologic Institute provides patients. We are even prouder of the innovative contributions we have made to improve the quality of life for countless patients with musculoskeletal and rheumatologic conditions. But we believe that optimal care goes beyond state-of-the-art technique and technology. It means providing care with compassion and understanding. We value our relationship with you and appreciate the confidence you place in us.

Sincerely,

Joseph Iannotti, MD, PhD
Chairman, Orthopaedic & Rheumatologic Institute

Access Your Own Health Records with Cleveland Clinic MyChart

MyChart is a secure online tool that connects you to personalized health information from the privacy of your home at any time, day or night. MyChart also alerts you to important health reminders to help you preserve health, maintain wellness and plan ongoing care. All you need is Internet access and an email address.

As a MyChart user, you are able to:
- View your health summary, current medications and test results released by your physician
- Review past appointments
- Renew your prescriptions
- Request or cancel appointments
- Receive important health reminders
The Institute Advantage

The creation of the Orthopaedic & Rheumatologic Institute reflects the groundbreaking changes taking place at Cleveland Clinic. In an innovative step designed to improve patient care, Cleveland Clinic has restructured clinical areas around organ and disease symptoms rather than individual specialties. By aligning physicians with institutes according to their shared expertise, we can offer patients the best in clinical care, research, treatment and prevention. This pioneering model is the future of healthcare.

The Orthopaedic & Rheumatologic Institute merges Cleveland Clinic's orthopaedic and rheumatology programs with key areas related to musculoskeletal care: physical medicine and rehabilitation, physical and occupational therapy, and orthotics and prosthetics services. This consolidation of disciplines allows us to better serve all patients with musculoskeletal problems.

The physicians in our orthopaedic, rheumatologic, physical medicine and rehabilitation, and biomedical engineering programs are recognized worldwide for excellence in patient care, teaching and research.

Whether your doctor refers you or you make your own appointment, you can feel comfortable knowing that the Cleveland Clinic doctor who cares for you is experienced in diagnosing and treating many patients with your condition.

Our physicians offer their services on Cleveland Clinic's main campus and in the community at Cleveland Clinic family health and surgery centers, regional hospitals and affiliated medical offices.

Orthopaedic & Rheumatologic Institute Excels in U.S. News Rankings

Both our Orthopaedic and Rheumatology programs consistently rank among the top 4 in the nation and have the best rankings in Ohio.

Measuring Patient Satisfaction and Outcomes

Accurately assessing patient satisfaction and outcomes is a leading priority for the Orthopaedic & Rheumatologic Institute. We gather information on an ongoing basis to provide feedback for physicians as well as for the institute as a whole. This enables us to enhance the effectiveness of our practice and identify any need to change or improve our patient care capabilities.

These outcomes are published annually. To view outcomes for the Cleveland Clinic Orthopaedic & Rheumatologic Institute, visit clevelandclinic.org/quality.
Orthopaedic Services

Fast Facts: Department of Orthopaedic Surgery
- Ranked among the top 4 programs in the nation by *U.S. News & World Report* since 1998
- Top *U.S. News* ranking in Ohio
- 7 specialty areas
- Approximately 14,000 surgeries performed annually

Hip and Knee Problems

Athletic injuries, arthritis and accidents are all-too-common causes of damage to the bones, tendons and ligaments of the knee and hip. Injuries to these vital joints can have a big impact on your mobility and independence. Cleveland Clinic experts in surgical repair, reconstruction and replacement have pioneered the development of many different surgical techniques and tested many devices that help restore function to damaged joints.

Many chronic hip and knee problems do not require joint replacement, but are painful enough to restrict mobility and affect quality of life. If you have torn a ligament, meniscus or cartilage in your knee, our surgeons can often evaluate and repair the problem in an arthroscopic procedure. Our surgeons also use arthroscopy to view and correct problems using the hip joint. These minimally invasive procedures can relieve pain and restore mobility, and reduce post-procedure pain and require far less recovery time.
Joint Replacement

If damaged knees, hips, shoulders or ankles interfere with your ability to function, Cleveland Clinic is the place to come for help. Our orthopaedic surgeons perform several thousand joint replacements every year for patients with osteoarthritis, rheumatoid arthritis or trauma. Some of these operations are straightforward, but others are complex revisions that require the unusually high level of expertise our surgeons provide.

**Alternatives to total joint replacement.** The good news is that some patients qualify for new alternatives to total joint replacement, such as hip and knee resurfacing or partial knee replacement. These new approaches remove only the damaged areas of bone and cartilage, and replace them with smooth-surfaced components. Recovery is much quicker because these procedures are less traumatic to muscles. Your doctor will explain whether you qualify for one of these less invasive techniques.

**Ensuring good function.** Whatever alternative your doctor recommends, rest assured that you will receive the best treatment for your condition. That’s because our experienced joint surgeons have exceptionally high success rates in relieving pain and restoring mobility, and low complication rates. Because we track how well our joint replacement patients do over time, we will recommend the procedure that will offer you the greatest chance of maintaining function and mobility well into the future.

**Rapid Recovery.** After joint replacement, our Rapid Recovery Program will get you moving as quickly and safely as possible. We begin by starting physical therapy in the hospital after your surgery. This prevents your muscles from losing their strength. After a few days we will evaluate your progress and discuss the course that is best for you. You may be able to go directly home, where you will sleep better, be more comfortable and recover just as quickly. Of course, we will make sure you continue your rehabilitation at home.

If you aren’t ready to go home—or your home isn’t ready for you—a few days in a rehabilitation center can bridge the gap and help you regain your strength and confidence. When you are ready to go home, we will help you and your family make the transition easily and safely.

Foot and Ankle Problems

Foot and ankle problems can really slow you down. If you have a painful foot or ankle, podiatrists and foot surgeons in our Foot and Ankle Center can help. Our foot surgeons treat fractures; correct flat feet; conduct complex reconstructions for arthritis, tendonitis, foot and ankle deformities; and care for common conditions such as heel pain, bunions and hammertoes. In many cases these problems can be treated with a minimally invasive procedure that will get you back on your feet fast.

Our podiatrists treat everyday foot problems and help prevent their recurrence. Of course, the best treatment is prevention. For example, if you have diabetes and are at high risk for foot ulcers, podiatrists in our Diabetic Foot Clinic use the latest techniques to help prevent these ulcers from developing. If you already suffer from diabetic foot ulcers, new wound care approaches are combined with infection prevention to heal them.
Shoulder, Elbow, Hand and Wrist Problems

From rotator cuff tears to carpal tunnel syndrome, our upper extremity specialists can help you regain optimal function of your fingers, hands, wrists, arms and shoulders. Fortunately, many of these problems respond to conservative measures such as rest, medication and physical therapy. When these are no longer helpful, surgery may be needed. Our upper extremity orthopaedic specialists are as experienced in minimally invasive techniques and laser surgery as they are in conventional surgical techniques.

Because rehabilitation is key to regaining strength and flexibility, our team includes talented occupational therapists specially trained to treat injuries and diseases from the fingertip to the shoulder. They also provide expert care for people who are at risk of repetitive motion injuries, such as musicians and athletes.

Musculoskeletal Tumors

When you or someone you love is diagnosed with a tumor of the soft tissue or bone, you naturally want a doctor with extensive experience in treating these unusual forms of cancer. You will find the skill and experience you seek at Cleveland Clinic’s multidisciplinary Musculoskeletal Tumor Center. The center, a national and international resource for the diagnosis and treatment of adults and children with benign and malignant tumors of the bone and soft tissue, brings together experts from Cleveland Clinic’s Orthopaedic Surgery Department and Taussig Cancer Institute.

Our Musculoskeletal Tumor Center is designed to provide you with the medical opinions of specialists from different disciplines in a single location. These physicians are experienced in the care of complex, challenging tumors. Together, they will come up with the treatment plan most likely to result in the best possible outcome and quality of life.

Back and Neck Problems

If you have a problem in your lumbar or cervical spine, nationally recognized Cleveland Clinic experts in orthopaedic surgery, neurosurgery and medical spine care will provide you with the most innovative, effective medical and surgical care. More than 16,000 patients from all over the world come to the Center for Spine Health each year for help with back and neck conditions ranging from the most common to the most complex. Your physicians will work closely with physical therapists and occupational therapists to develop an individualized treatment plan just for you.

Fractures Anywhere in the Body

Most broken bones heal just fine. But when a bone fails to heal, or you break it in a place that makes healing difficult, you need the skills of a Cleveland Clinic orthopaedic trauma specialist. These surgeons are well-versed in the techniques required to treat complex problems such as pelvic and hip socket fractures, complex long-bone fractures (particularly those near the joint) and bone infections. Of course, our orthopaedic surgeons treat simple fractures with the same care and skill.
Our Center for Sports Health has all the experts needed to treat athletes in all sports, at all ages and skill levels. Because we treat Cleveland’s professional sports teams, you have access to the same specialists who treat the pros. Our team includes:

- primary care sports medicine physicians
- orthopaedic surgeons
- a chiropractic sports physician
- a sports health nutritionist
- physical therapists
- athletic trainers
- exercise physiologists
- sports acupuncturist

Our center is equipped to meet the athlete’s every healthcare need. A powerful 3-Tesla MRI enables our physicians to arrive at accurate diagnoses much faster than other MRIs. Many operations can be performed without hospitalization in our state-of-the-art outpatient surgery rooms.

The basis of outstanding treatment is accurate diagnosis, and for sports injuries, nothing beats the powerful 3-Tesla MRI at Cleveland Clinic Sports Health. This state-of-the-art machine — three times more powerful than most MRIs — provides images of unimaginable clarity, enabling physicians to see the smallest injuries to muscles, ligaments and membranes in great detail in order to determine their significance.
Chiropractic Sports Medicine

You can be confident that your Cleveland Clinic sports medicine specialist will recommend nonsurgical care whenever appropriate. One of the newest nonsurgical approaches, chiropractic sports medicine, has proven effective in treating a wide range of acute and chronic athletic injuries, including overuse injuries, shoulder pain and frozen shoulder, and peripheral nerve entrapment syndromes. Our certified chiropractic sports physician is skilled at identifying problems with body mechanics and eliminating the source of pain without surgical intervention.

Sports Nutrition

Optimal nutrition is important for maximizing your stamina and ability to perform. Our sports health nutritionist can help you stay healthy, avoid injury and accelerate your healing. Nutritional requirements vary for different sports, so our nutritionist will work with you one-on-one to design a nutritional plan that helps you achieve your goals.

Sports Rehabilitation

A full sports rehabilitation program is offered on site by therapists who specialize in different sports. For example, therapists who know skating can get you back on the ice quickly. Whether you are a runner, baseball player, golfer or other athlete, your recovery plan will be highly individualized.

Our therapists also offer a program that will improve your biomechanics following an injury. Various state-of-the-art resources are used to help you correct your form, improve your game, become more competitive and avoid repeat injuries in your favorite sport.

Sports Performance

Whether you are an aspiring pro, a weekend enthusiast or something in between, we’ll help you take your athletic performance to the next level. Our Performance Training Systems program is dedicated to helping athletes achieve excellence. Our training philosophy and methods are holistic, incorporating evidence-based techniques, technology and sports medicine physician oversight.

Each training program is as unique as each athlete, addressing all components of performance and well-being. Our Performance Training Systems staff includes exercise physiologists, athletic trainers, dietitians and personal trainers specific to your sport. Together, we will provide you with ongoing support through in-person sessions and online interaction via your personalized training dashboard.
How Our Pediatric Specialists Can Help Your Child

If your child needs care for an orthopaedic or rheumatologic problem, we offer the best medicine possible. We recognize that children are not small adults, but instead are growing human beings with musculoskeletal systems that are still evolving.

That is why our pediatric specialists deliver expert care with a child-friendly touch. We provide children and adolescents with state-of-the-art care that is likely to achieve the best possible outcome when patients’ lives stretch far ahead of them. Our family-oriented approach offers reassurance in difficult times as we strive to minimize stress on you, your child and your family. You are considered a key part of the treatment team and will be involved in all treatment decisions.

Orthopaedic Care

Our highly trained pediatric orthopaedic surgeons provide treatment for common problems such as knock knees, club feet and arms fractured from sliding into home plate. They also provide sophisticated care for less common conditions, such as hip dysplasia, scoliosis and leg-length inequality. Their technical expertise and involvement in research means that your child will be offered the latest, most effective treatments.

Rheumatologic Care

Our pediatric rheumatologists are experts in the full range of rheumatologic diseases and immunologic disorders found in children. These include juvenile arthritis, Kawasaki syndrome, periodic fever syndrome, systemic lupus erythematosus, scleroderma, and other forms of vasculitis and arthritis. Whether your child’s problem is temporary or long-term, we will provide the most advanced care in the most caring manner.

Whatever the orthopaedic or rheumatologic need, our pediatric specialists can tap the expertise of an extensive group of Cleveland Clinic specialists. Your child will benefit from the combination of leading-edge specialty care, and the focus on children and families that distinguishes our Children’s Hospital. Our goal is to help you and your child enjoy family life again.

Same-Day Fracture Care

If your child breaks a bone, call 216.444.6260 before 1 p.m. on weekdays, and we’ll arrange for a Cleveland Clinic pediatric orthopaedist to see your child right away at one of multiple Northeast Ohio locations.
Osteoporosis and Metabolic Bone Diseases

Osteoporosis is a common, preventable and treatable form of metabolic bone disease. Ten million Americans have osteoporosis, and four-fifths of them are women. If you are at risk for osteoporosis, early identification and treatment — which we provide in our Center for Osteoporosis and Metabolic Bone Diseases — is the most effective way to increase your bone mass and reduce your risk of painful fractures.

We offer evaluation with a Dexa (DXA) scan to assess your risk of fracture. We will combine this information with your health history and laboratory results to develop a treatment plan for you that may include:

- changes in diet and vitamin intake
- an exercise program to stimulate bone formation
- elimination of risk factors for bone loss
- use of bone-building medications

If your disease is advanced, or if you already fractured a weak bone, we may integrate pain management and physical therapy into your treatment.

Clinical trials available. Because our Center for Osteoporosis and Metabolic Bone Diseases is a national leader in osteoporosis research, the staff participates in major studies of new approaches to prevention and therapy. We may offer you the opportunity to participate in a clinical trial of a new medication. Clinical trials are not experiments, but rather provide you with an opportunity to try a medication that will be as good as — and hopefully better than — one that is currently available.
Inflammatory Arthritis

The inflammatory forms of arthritis include rheumatoid arthritis, psoriatic arthritis and ankylosing spondylitis. Unlike osteoarthritis, which is caused by thinning of cartilage, these forms of arthritis are complex diseases that are most likely triggered by the immune system.

If you have an inflammatory form of arthritis, your Cleveland Clinic rheumatologist will create a comprehensive, integrated, individualized treatment plan that combines the latest medical care with occupational and physical therapy — and sometimes the skills of other specialists — to stop the progression of the disease, avoid joint damage and help you remain as active as possible.

Vasculitis

Vasculitis encompasses a group of disorders caused by blood vessel inflammation and includes giant cell arteritis, Takayasu’s arteritis and Wegener’s granulomatosis. If you have vasculitis, you can take comfort in knowing that patients from around the world seek care in our Center for Vasculitis Care and Research.

Researching causes. Our physicians provide early, accurate diagnosis of vasculitis and recommend appropriate treatment using effective combinations of medications. We are actively seeking the cause of these diseases, which may be triggered by immune mechanisms. This research gives you access to the latest treatments available for your condition.

Preventing complications. It is important for you that we offer long-term follow-up care to watch for and prevent disease complications and medication side effects. No matter what form of vasculitis you have, the resources of the entire Cleveland Clinic are available as needed to give you the best possible care.

Therapies to Reverse Bone Loss

Rheumatologists in the Center for Osteoporosis and Metabolic Bone Diseases offer the full complement of bisphosphonates designed to slow bone breakdown and rebuild bone. Some of these are available in pill form; others are given as periodic intravenous infusions.

If you have tried oral bisphosphonates in the past and experienced intolerable side effects, or were told you cannot take them due to certain medical conditions, we now offer easier-to-tolerate formulations. These have been shown to be equally effective in increasing bone density and reducing fractures.
Immunologic Diseases

When you have an immune disease, your body is at the mercy of chronic viral and bacterial infections. Cleveland Clinic rheumatologists offer comprehensive diagnostic services for adults suspected of having any immune deficiency or immune dysfunction syndrome, including HIV and hepatitis C.

**HIV.** We have been treating patients with HIV since 1981 and offer a comprehensive program that incorporates the expertise of physicians, nurse practitioners, nutrition therapists and social workers. If you are looking for a custom-designed treatment program—using the latest antiretroviral and immune-based therapies and taking advantage of viral and immune system monitoring—we have it. Because treatment success is highly dependent on patients taking an active role in their care, we invite you to participate in treatment decisions and work closely with us to monitor your treatment response.

Research plays an active role in our ability to provide state-of-the-art care. We participate in the AIDS Clinical Trial Group at Case Western Reserve University, in national research studies and in our own studies. This gives many patients access to exciting trials of new therapies.

**Hepatitis C.** About 85 percent of patients who become infected with hepatitis C develop chronic hepatitis. Fortunately, disease progression is very slow, and after two decades of infection, only about 20 percent of patients develop cirrhosis. A smaller number develop liver cancer.

Not everyone diagnosed with hepatitis C needs treatment. If the virus needs to be eliminated from your body, your Cleveland Clinic immunologist will treat you with an FDA-approved drug or combination of drugs. You may also be offered the opportunity to participate in a clinical trial of a potential new therapy.

**Other immune disorders.** If you have hypogammaglobulinemia, an IgG subclass deficiency or another related antibody deficiency state, our clinical immunologists can help you using sophisticated services such as in-clinic and home-based intravenous infusion therapy.

Systemic Rheumatic Diseases

**Systemic Lupus Erythematosus.** Commonly known as lupus, systemic lupus erythematosus (SLE) is a disorder of the immune system that can cause inflammation anywhere in the body. Our rheumatologists are experienced in treating this and other complicated inflammatory diseases. You can rest assured you will receive the latest, most effective treatments available.

Because SLE often affects the skin, joints, blood and kidneys, your rheumatologist will collaborate with experienced Cleveland Clinic dermatologists, heart specialists and kidney specialists to provide you with the comprehensive, well-coordinated care you need.

**Scleroderma.** In scleroderma, the immune system causes normal tissue to be replaced with thick, dense, fibrous tissue. Excess production of collagen, a protein deposited in the skin, causes the scar-like hardening and thickening that are hallmarks of this condition.

Scleroderma generally affects the skin but can also affect the lungs, gastrointestinal tract, kidneys, heart, blood vessels, muscles, joints and other parts of the body. That’s why our rheumatologists work as a team with pulmonologists and other specialists in a combined rheumatology and pulmonary clinic for patients with lung conditions related to their rheumatologic condition. In this way we are able to provide seamless interdisciplinary care.

No matter what your rheumatologic problem may be, our goal is to help control your symptoms so that you can lead a healthy, productive life.
Working Together to Advance Care

What Integrated Research Means to You

When you have an accident or a disease and need medical care, research may be the last thing on your mind. But research matters.

**Improving the state of the art.** Basic research provides new techniques, technologies and medications. Clinical researchers test these new products, enabling doctors to determine which therapies work best and giving patients in whom available treatments have failed access to alternatives. Research on outcomes allows doctors to offer each patient the therapies that are the most likely to work.

Why do we tell you this? Because Cleveland Clinic’s Orthopaedic & Rheumatologic Institute is a leader in research on musculoskeletal diseases, vasculitis, immunologic diseases and inflammatory conditions. We investigate bone and joint diseases and immune system disorders at every level.

**Advancing everyday care.** In some cases, our research has led to breakthroughs that have changed the way a problem is treated worldwide. In other cases, our research has led to small changes in technique that mean better results for patients undergoing a particular procedure.

This means that when you come to us for treatment, you will receive recommendations from knowledgeable specialists who are continually looking for a better way to treat your disease or slow its progression. Someday, they hope to prevent or cure it. In the meantime, you will get the most accurate diagnosis and best treatment possible. And that means a lot.

Streamlining Diagnosis and Treatment for Joint Pain

When joint pain starts to interfere with your quality of life, the Arthritis and Musculoskeletal Center on our main campus is the place to come for help. Here, you will find experts whose goal is to relieve your pain and restore your mobility as quickly as possible.

**Combining skills.** Our team of experts consists of rheumatologists, medical orthopaedists, radiologists, physical therapists, occupational therapists and musculoskeletal educators. We work together to provide the most up-to-date, comprehensive treatment of arthritis and other conditions causing joint or extremity pain.

**Treating you right.** We will promptly and accurately diagnose the cause of your pain and start appropriate medical treatment and/or physical therapy. If your condition requires further evaluation or surgery by an experienced joint replacement or joint resurfacing surgeon, a timely referral to the appropriate specialist will be arranged.
Services for Orthopaedic and Rheumatologic Patients

Orthotics and Prosthetics

If you require a prosthesis or need a brace for extra strengthening, we will design what you need and manufacture it right here at Cleveland Clinic. This guarantees a perfect fit, which will put you back in action quickly.

Our team has three types of specialists on staff:

- Prosthetists custom-design artificial limbs to meet cosmetic and biomechanical needs.
- Orthotists custom-design braces to reduce pain or provide support to an extremity that has lost function due to bone, ligament, nerve or muscle damage.
- Pedorthists custom-design shoe inserts or modify shoes to provide specialized relief and protection.

Best of all, the wide range of options our certified orthotists, prosthetists and pedorthists offer will enable you to do just about anything you would do with a natural or unimpaired limb, from walking without a limp to running, jumping, swimming or playing basketball.

Physical Therapy and Rehabilitation

Rehabilitation is considered an integral part of musculoskeletal care. Physical therapists can help you to obtain full recovery, relieve pain and regain range of motion and strength, either after an injury, or before and after surgery.

The physical therapists and trainers in our Sports Health and Orthopaedic Rehabilitation program custom-tailor plans for patients throughout the Orthopaedic & Rheumatologic Institute. Depending upon your needs, the plan may include:

- exercises to increase flexibility
- strengthening exercises to help prevent muscle shrinkage
- a demonstration of good body mechanics to help you avoid reinjury

Our therapists use rehabilitation techniques such as ultrasound, electrical stimulation, massage and nerve blocks to help you progress with minimal discomfort. They are also experts in manual therapy techniques, soft-tissue mobilization and corrective exercises.

For your convenience, our rehabilitation programs are offered at multiple Cleveland Clinic locations across the region.
What You Need to Know

How to Schedule an Appointment

To make an appointment at the Cleveland Clinic Orthopaedic & Rheumatologic Institute, please call **866.275.7496**.

For a Sports Medicine appointment, call **877.440.TEAM (8326)**.

For more information on our staff and services, visit us at **clevelandclinic.org/ortho**.

Where to Find Cleveland Clinic Orthopaedic and Rheumatologic Care

For your convenience, Orthopaedic & Rheumatologic Institute physicians and support staff are available at locations throughout Northeast Ohio, close to where you live or work. Some of our facilities offer orthopaedics, rheumatology and rehabilitation. Others focus on sports medicine and rehabilitation or on rheumatology care. For the most current listing of our locations, staff and services, please visit us at **clevelandclinic.org/ortho**.

For a free DVD about managing knee, hip, shoulder or joint pain, please call 866.275.7496.