

PRESERVING *Motion* WITH
MINIMALLY INVASIVE SPINE PROCEDURES
 SUFFERING FROM CHRONIC LOWER BACK OR LEG PAIN?

Understand the source of the pain

Chronic lower back and leg pain often is a result of the deterioration of the flexible discs between the vertebrae in your lower back. The loss of disc height creates pressure upon the nerve roots and/or spinal cord—resulting in chronic lower back pain and/or pain, numbness, or weakness in the legs. This condition is known as degenerative disc disease (DDD).

Join the search for solutions

Spine surgeons at the Human Motion Institute at Doctors Hospital are enrolling patients in a nationwide clinical research study of the XL TDR total disc replacement device—an investigational device currently being evaluated for its safety and effectiveness in the treatment of DDD. The XL TDR is designed to relieve the painful symptoms of DDD, while preserving motion in your back. The XL TDR is implanted through a minimally invasive lateral (side) approach. The benefits of the surgical approach have been proven in years of clinical experience. If you are 18-70 years old and match other required criteria, you might be eligible to participate in this clinical research study. Participants enrolled in this study and receiving the investigational device will not be responsible for any of the medical costs associated with the study.

To learn more about XL TDR, or any of our current minimally invasive procedures for spine care, call **706-651-4343**.



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In *Motion*

A PUBLICATION OF DOCTORS HOSPITAL HUMAN MOTION INSTITUTE

**ORTHOPEDIC SERVICES CONTINUE TO SHINE
 AT DOCTORS HOSPITAL**

DOCTORS HOSPITAL RECEIVES GOLD SEAL OF APPROVAL FROM JOINT COMMISSION AND CLINICAL EXCELLENCE AWARD FOR ORTHOPEDIC SURGERY FROM HEALTHGRADES AGAIN!

As the healthcare reform debate continues, transparency of information, additional quality measures, and consumer education are at the heart of those discussions. With the current gap between best practice and actual care, transparent quality measures that allow a consumer to compare hospital performance play an essential role in the healthcare market place. At Doctors Hospital, these quality measures are apparent. The hospital has earned the **Gold Seal of Approval** from The Joint Commission for its Total Hip and Total Knee Replacement programs. In addition, the hospital has achieved, for the second year in a row, a **Clinical Excellence Award** in Orthopedic Surgery and Five Star Ratings for clinical outcomes in Joint Replacement and Overall Orthopedic Care.

Doctors Hospital, a leader in orthopedic services in the CSRA, performs over 600 total joint replacements a year. To earn the disease specific certification from



“The award again ranks Doctors Hospital in the top 10% in the nation for orthopedic services”

The Joint Commission, Doctors Hospital’s program had to undergo an extensive, on-site evaluation by a team of Joint Commission reviewers. The program is evaluated against Joint Commission quality standards through an assessment of the program’s processes, the program’s ability to evaluate and improve care within its own organization, and interviews with patients and staff. Doctors Hospital pursued this comprehensive, independent evaluation to enhance the safety and the quality of the care it provides. The hospital is one of seven hospitals in the state, 66 hospitals in the nation, and the **only one in the CSRA** to achieve the certification for its total hip and total knee replacement programs.

Doctors Hospital has also received its second **Clinical Excellence Award** from HealthGrades. The nationally recognized healthcare ratings company has given Doctors Hospital five-star ratings for its overall orthopedic services, total knee replacement and hip fracture repair for the second consecutive year. The award again

ranks Doctors Hospital in the **top 10% in the nation** for orthopedic services. These findings were included in the Twelfth Annual HealthGrades Hospital Quality in America Study, which is the most comprehensive study of its kind, analyzing approximately 40 million Medicare discharges from every U.S. hospital from 2006 through 2008.

“We are honored to receive both The Joint Commission certification, and certainly, a Clinical Excellence Award, again, from HealthGrades,” says C. Shayne George, President/CEO of Doctors Hospital. “The real winners, though, are our patients and our community. We have an excellent team of physicians, nurses, therapists and other staff to help people keep the freedom of mobility,” he says.

You can visit the new Joint and Spine Center at www.doctors-hospital.net. Click on Virtual Tour to view the Five Star accommodations available for patients.

In this *Issue*

JK **PAGE TWO**
 Hamstrung by Low Back Pain?

JK **PAGE THREE**
 NEW Balance and Vestibular Center

JK **PAGE FOUR**
 Preserving Motion with Minimally Invasive Spine Procedures



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FROM THE HMI DESK



The Human Motion Institute at Doctors Hospital continues to realize achievement in patient care and satisfaction. Recently receiving for the second year in a row the 2010 Clinical Excellence award for Orthopedic Surgery from HealthGrades, America's leading independent healthcare ratings company, is just another way Doctors Hospital distinguishes itself from all other area hospitals.

Spine care innovation is a special focus for the Human Motion Institute, and clinical research is a vital part of our mission. This ongoing commitment includes the start of our latest clinical trial investing the XL TDR Total Disc Replacement, a minimally invasive procedure for patients with degenerative disc disease.

From our Rehab Health Center stems our newest service line, The Balance and Vestibular Center, which offers the full continuum of care in diagnosing and treating any balance or dizziness disorder.

To learn more about Doctors Hospital Human Motion Institute or any of our service lines, visit our website at www.doctors-hospital.net and click on the Human Motion Institute link.

Sincerely,

Elizabeth Lamb

Elizabeth Lamb

Director of Rehab Health Centers and Sports Medicine

Health Questions? Call and speak to a Registered Nurse at 706-651-4343

Hamstrung BY LOW BACK PAIN?

COMMON MUSCLE IMBALANCES MAY BE THE SOURCE OF YOUR LOW BACK PAIN



A significant amount of work days are lost each year due to low back pain. In the United States, low back pain is a leading reason for visits to the doctor and the second leading cause of disability, which is the reduction in one's ability to maintain activities of daily living. A reported \$100 to \$200 billion is spent annually on doctors' visits and associated treatments for low back pain. Approximately 80% of Americans will experience some form of low back pain in their lifetime.

90/90 Test to Check for Hamstring Tightness:

Flex the hip to position the thigh perpendicular to the floor. Without moving the thigh, straighten the lower leg as far as possible, or until the knee is fully extended. If the lower leg cannot be straightened to form a straight line with the thigh, there is tightness in the hamstring.

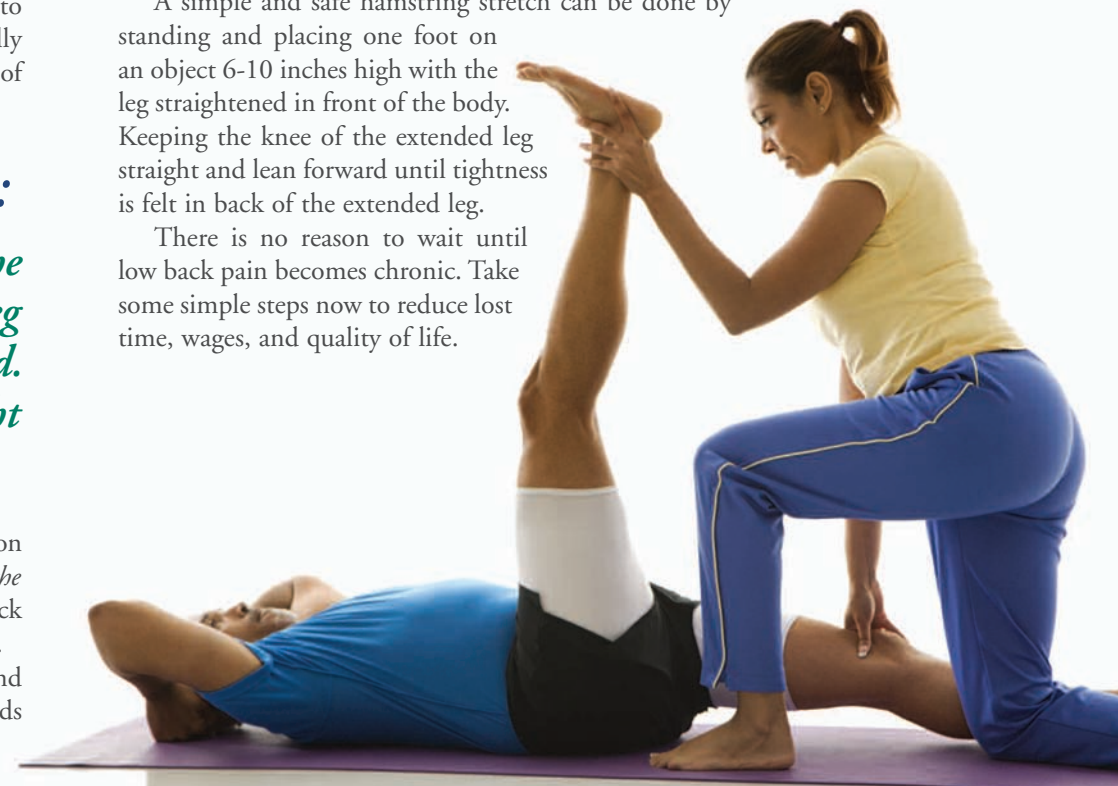
Muscular imbalances can be a common cause of low back pain. The most common imbalance occurs due to tightness in the hamstrings (*the long muscle from the base of the buttocks down to the back of the lower leg*) along with weakness of the abdominals and low back muscles. When these muscles are out of balance, it can lead to poor posture and back pain.

This muscle imbalance can be corrected with proper hamstring stretching and abdominal strengthening exercises. Hamstring stretches should be held for 10 to 15 seconds

each and performed 3 to 5 times. The goal of strengthening the abdominals is muscular endurance; therefore, each exercise should consist of three sets of ten repetitions as a minimum. Progress the amount of stretching and strengthening exercises slowly.

A simple and safe hamstring stretch can be done by standing and placing one foot on an object 6-10 inches high with the leg straightened in front of the body. Keeping the knee of the extended leg straight and lean forward until tightness is felt in back of the extended leg.

There is no reason to wait until low back pain becomes chronic. Take some simple steps now to reduce lost time, wages, and quality of life.



NEW BALANCE & VESTIBULAR CENTER

Balance is vital to normal everyday life activities. Everything done, whether for work or for leisure, requires balance control. When balance problems develop, they can cause profound disruptions in daily life. In addition to increased risk for falls, balance problems can shorten attention span, disrupt normal sleep patterns, cause limitations in social activities, and cause excessive fatigue. Individuals suffering with balance and dizziness problems can have difficulty with even the simplest of tasks.

The Balance and Vestibular Center

Dedicated specifically to balance disorders, The Balance and Vestibular Center at Doctors Hospital offers a unique and specialized rehab environment for patients to be diagnosed and treated for their particular balance disorder. Staffed with a physical therapist specially trained in Balance Disorders, The Balance and Vestibular Center at Doctors Hospital can provide patients with the highest level of care available in the CSRA.

Computerized Dynamic Posturography

Utilizing Computerized Dynamic Posturography (CDP), patients will undergo diagnostic testing procedures to evaluate three major components of balance: vision, vestibular, and somatosensory. The techniques used in CDP were initially developed with support from NASA and later from the National Institute of Health. Computerized Dynamic Posturography has been used in worldwide scientific research for decades. It is considered the "Gold Standard" for evaluation of balance impairment.

Once diagnostic testing is completed, targeted treatment focused on each patient's need will begin.

To learn more about Doctors Hospital Balance and Vestibular Center, call 706-651-2270.



JOINT CARE CELEBRATION!

Join us for our 3rd annual Joint Care Celebration April 16th, 2010 to be held at the Augusta Green Jackets Stadium. Past joint replacement patients and their families



will be honored with fun activities throughout the night. Doctors Hospital Human Motion Institute looks forward to seeing you there to celebrate getting back in the game of life!

The Augusta Green Jackets versus the

Charleston River Dogs, April 16, 7:30pm