



Your Orthopaedic Experience: Bones, Muscles and Joints. Getting you back into motion.

Taking on your aches and pains.

You want to enjoy all life has to offer. And it's when you're mobile and active, and your body is working at its best, that you can get the most out of life. So when you're in pain and your ability to move is restricted, it's important to find out how to treat the problem.

We can help.



Getting you mobile – your way.

We understand that when you're in pain, you want to find a solution, quickly and easily. We talk to you and your family about the best way forward, for you. If you have a question, access to expert advice is easily and readily available. We want you to have as much information as you need to be able to make the right decision for you.

It's together that we'll get you back in motion.

You couldn't be in better hands

We've been successfully treating orthopaedic problems for over 50 years. We treat everything from arthritic joints through to numerous types of sports injuries. Last year alone, we performed over 55,000 orthopaedic procedures. We take infection prevention very seriously and train our people to maintain a clean environment, so you can expect to find our hospitals spotlessly clean and tidy.

As a not-for-profit organisation and independent of shareholders, we can always put the best interest of our patients first. We reinvest any surplus we make back into continually improving our facilities and ensuring high quality care. Our different approach to healthcare is why we have always had matrons at the heart of all of our hospitals, ensuring our patients receive compassionate and professional care.



Questions? Let's talk about you

As experts in solving a vast range of muscle, bone and joint problems, we can help and advise you. We are devoted to your health and welcome the opportunity to discuss specifically any problems that concern you.

While this brochure gives you an overview, you're welcome to talk to us in person. We can tell you about the options you have and help you to make a plan to put things right.

You can contact us on
0330 311 4182 or visit
nuffieldhealth.com

Your Musculoskeletal system.

Bones

Consisting of calcium, phosphate and other minerals, they make up your skeleton.

Cartilage

The smooth covering on the ends of your bones.

Ligaments

Fibrous bands of tissue connecting your bones together.

Tendons

Tough cords of inelastic fibrous tissue connecting your muscles to your bones.

Muscles

Fibrous tissue that contracts to produce a particular movement.

Nerves

Bundles of fibres that carry messages to and from the brain to allow movement and sensation.



An introduction

Joint problems

Problems with your muscles, bones and joints can happen over time, or from an injury. Joint damage that develops gradually can be caused by conditions such as osteoarthritis and osteoporosis. If the damage is severe, the joint can be successfully replaced.

Problems such as tennis elbow and shoulder pain are often caused by swollen muscles or ligaments. This can happen through repetitive movements – you needn't even have played sport.

Your bones, joints and muscles

Your bones, joints, muscles, ligaments and tendons, as well as your nerves are called your musculoskeletal system.

Orthopaedics is the speciality that treats this system. Your musculoskeletal system allows movement and flexibility of your body – the free movement of your joints is essential to staying active. Exercise can help your joints stay flexible and keep your muscles strong. However, if exercising, you should stop activities that cause you pain.

Our Orthopaedic Consultants

Our Orthopaedic Consultants are experts in the field with years of specialist experience.

They are all registered with the General Medical Council (GMC).

The majority of our Orthopaedic Consultants specialise in an area of the body.

These sub-specialties can vary, but are predominantly categorised into hip, knee, shoulder and elbow, hand and wrist, foot and ankle, and spinal surgery.

Coming in for an appointment

We recommend that you visit your GP prior to booking an appointment with a Consultant, particularly if you have medical insurance.

Your GP may suggest a particular Consultant for you to see, or you can choose yourself.

You will then be able to make an appointment to see a Consultant at a time that suits you, in one of our 31 hospitals across the UK.

Your Consultant will take details about your symptoms and any pain you may be experiencing. They will talk to you about your medical history, personal circumstances, and recommend the next steps for your diagnosis and treatment.





Diagnostic appointments at Nuffield Health Hospitals

Following your appointment, your Consultant may recommend that you have a diagnostic test, such as a CT, MRI or X-ray.

This is common practice and will help the Consultant to better understand your condition.

A Consultant Radiologist will report on any image or scan and send the report, as well as the diagnostic images, to your Consultant.



Orthopaedic treatment at Nuffield Health Hospitals

Your Consultant may recommend a conservative course of treatment for your symptoms, such as medication, physiotherapy or injection therapy.

Alternatively your Consultant may recommend a surgical treatment.

Prior to making any decision about recommended treatment, your Consultant will explain the full risks and benefits, and give you an overview of what to expect from your treatment and recovery.

We ensure that you have all the information you need, and all of your questions answered, before you make any decisions regarding your treatment.



Hips and knees

Your knee and hip joints are the largest joints in your body – supporting your weight and offering you the mobility you need to go about your daily life. Injury, wear and tear or arthritis can cause significant pain and quickly limit your activities.

Many of our orthopaedic surgeons are experts in knee or hip problems. They may recommend more extensive examination of your painful joints or

ligaments using arthroscopic (keyhole) surgery. In some cases an injured area may be repaired during the examination.

If more extensive procedures are required our surgeons are expert in the procedures below.

In addition, if your current hip or knee implant needs replacing our Consultants can offer you the latest, state-of-the-art prosthesis to replace it.

Common knee treatments

- Anterior or posterior cruciate ligament repair
- Meniscectomy for meniscus tear
- Unicompartmental knee replacement
- Total knee replacement

Common hip treatments

- Hip resurfacing
- Hemiarthroplasty
- Total hip replacement
- Bilateral hip replacement

Foot and ankle

Our foot and ankle Consultants treat everything from bunions to complex ankle replacements. Your Consultant will take a full medical history and perform a careful examination of any problem area. They may order additional tests or scans to ensure an accurate diagnosis. Medication and physiotherapy may be prescribed in the first instance.

In some cases surgery may be recommended. Our Consultants perform thousands of foot and ankle procedures including:

- Tendon and ligament repair and reconstruction
- Arthroscopic (keyhole) examination and repair
- Ankle replacement
- Toe surgery
- Bunions



Hand and wrist

Your hands and wrists are made up of a complex and delicate network of bones, muscles, tendons, ligaments and nerves. Because they play a central part in most daily activities, they can be subject to injury or repetitive stress. Diagnosis and treatment for problems with your hands or wrists requires expertise in this complex area.

Our experienced hand surgeons can quickly assess and treat many upper limb problems including:

- Arthritis
- Carpal tunnel syndrome
- Cubital tunnel release
- De Quervain's
- Dupuytren's
- Ganglion cyst
- Trigger finger
- Upper limb sprains and fractures

Shoulder

The shoulder is the most flexible joint in the body. Its wide range of movement means that injuries can happen easily.

There are three bones that make up the shoulder: the collar bone (clavicle), the shoulder blade (scapula) and the upper arm bone (humerus). There are four tendons that hold the shoulder joint in place called rotator cuff tendons. Injuries to these tendons or changes to the joint bones, including arthritis, may cause pain or reduced mobility.

Treatment for shoulder problems varies according to diagnosis. Contact us on **0330 311 4182** for more information on consultation appointments and diagnosis.



Spine

Nearly 10 million people in the UK suffer daily back pain that impacts their normal activities.* Our spinal experts offer a wide range of treatments for spinal problems such as disc prolapse, spinal stenosis (narrowing of the spine) and spinal trauma.

Your treatment may include help from a multidisciplinary team including physiotherapy and pain management. If conservative treatment is not successful our experienced Consultants may recommend surgery.

*Source: British Pain Society

Making an appointment

Contact us on nuffieldhealth.com/orthopaedics or **0330 311 4182** for more information, or to make an appointment.

Our friendly advisors are happy to answer any questions you might have prior to booking an appointment, and to provide you with Consultant information and prices.



The Nuffield Health Promise

Our prices are
all-inclusive.*

We will equal any
comparable price.**

There are no time limits
on your aftercare. ***

Don't wait. Contact us now.
Nuffield Health Hospitals.

 **0330 311 4182**

 nuffieldhealth.com/orthopaedics

* Initial consultation(s), diagnostic scans/tests and investigations required to establish a diagnosis are not part of your procedure price.

** Not including Private Patient Units at NHS hospitals. Local area defined as within 15 miles of your chosen Nuffield Health hospital. We will match against written quotes only.

*** Where necessary, we promise to assist you to receive any follow up advice, treatment or care that is clinically required. Where a prosthesis is required for your procedure, this is guaranteed for the manufacturer's expected prosthesis lifetime. Clinically required indicates where further intervention and/or monitoring of your condition is deemed necessary as a direct result of your procedure. The Nuffield Health Promise applies for patients paying for themselves and excludes fertility services.

 **Nuffield Health**
For the love of life®



All Nuffield Health Hospitals in
England are regulated by CQC

Hospitals
+ Health Checks + Physio + Gyms