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Orthopaedic Institute

Erlanger Health System

The Erlanger Health System includes five Tennessee-based hospitals and one in western North Carolina. Altogether, these hospitals and more than 1,000 Erlanger-affiliated physicians provide care to more than 500,000 patients each year, making Erlanger the tenth largest public health care system in the United States.

Through its affiliation with the University of Tennessee College of Medicine (UTCOM), Erlanger is the region's only academic health system. This means many of Erlanger's leading physicians serve as faculty for UTCOM students and residents, mentoring and educating the next generation of doctors.

The Erlanger Health System Mission and Vision are a critical part of our approach to patient care.

OUR MISSION:

To compassionately care for people.

OUR VISION:

Erlanger will lead as a comprehensive provider of acute care and ambulatory health services, offering a "system of care" that delivers value in terms of quality, cost effectiveness, customer service, teaching and research-directed at improving the health of our community and region.

Orthopaedic Coverage Area & Beyond....



Welcome to the Erlanger Orthopaedic Institute.

Erlanger Orthopaedic Institute is the region's only full-service orthopaedic program serving adults and children. We are also the region's largest and highest performing world-class orthopaedic program, with specialists who are held to the highest standards of evidence-based, academic medicine.

Orthopaedic surgeons at Erlanger are board-certified and fellowship-trained to provide expert diagnostic and surgical care. Further, the orthopaedic residents trained by our excellent team consistently rank among the best in the nation.

Our providers treat a comprehensive range of bone and joint ailments, including:

- Dislocations and fractures
- Sprains, strains, and torn ligaments
- Bursitis, tendon, and muscle injuries
- Back pain, ruptured discs, sciatica, and scoliosis
- Hammer toes and bunions
- Bow legs and knock knees
- Various abnormalities of the upper and lower extremities

Additional features of the Erlanger Orthopaedic Institute include:

- World-class facilities – the region's newest and most comfortable patient care facilities at both Erlanger's downtown hospital and at Erlanger East Hospital. Patient rooms and surgical facilities are new, roomy, and designed around the needs of patients and their families.
- Minimally invasive surgical techniques designed to get patients up and out of the hospital faster and safer.
- Advanced technology and surgical imaging not available at other facilities.
- Cutting edge anesthesia protocols and regional nerve blocks.
- A complete orthopaedic team and nurse navigators who help guide and encourage patients from pre-op through recovery.



Directory of Erlanger Orthopaedic Services

Make an appointment for any Erlanger Orthopaedic service with one simple call: **423-778-ORTH (6784)**

Physician Offices and Clinics

Erlanger Medical Mall

979 E. 3rd St
Suite C-225
Suite C-430
Chattanooga, TN 37403

Erlanger Orthopaedics East

(Formerly Chattanooga Bone and Joint)
1809 Gunbarrel Rd
Suite 101
Chattanooga, TN 37421

Erlanger Sports and Health Institute

1100 E. 3rd St
Suite G-102
Chattanooga, TN 37403

Erlanger North Hospital

632 Morrison Springs Rd
Suite 202
Chattanooga, TN 37415

Erlanger Sequatchie Valley

16931 Rankin Ave
Dunlap, TN 37327

Rhea County

9400 Rhea County Hwy
Dayton, TN 37321

Murphy, North Carolina

828-837-9181
75 Medical Park Ln
Murphy, NC 28906

Orthopaedic Urgent Care Clinics

Fast, convenient orthopaedic care when you need it most. Call ahead or walk-in. No appointment necessary.

Erlanger Orthopaedics East

(Formerly Chattanooga Bone and Joint)
423-893-9020
1809 Gunbarrel Rd
Suite 101
Chattanooga, TN 37421

- Monday and Thursday: 8AM-7PM
- Tuesday and Wednesday: 8AM-3PM
- Friday: 8AM-Noon
- Saturdays (Aug. 19-Nov. 11): 8AM-11AM

Erlanger Sports and Health Institute

423-778-3390
1100 E. 3rd St
Suite G-102
Chattanooga, TN 37403

- Monday-Thursday: 8AM-4PM
- Friday: 8AM-Noon

Erlanger North Hospital

423-778-6784
632 Morrison Springs Rd
Suite 202
Chattanooga, TN 37415

- Monday-Thursday: 8AM-4PM
- Friday: 8AM-Noon



Orthopaedic Inpatient Services

Orthopaedic surgeries are performed at both the Erlanger Baroness Hospital downtown and the Erlanger East Hospital on Gunbarrel Road.

Erlanger Baroness Hospital

In 2016, Erlanger opened a brand new state-of-the-art Orthopaedic Institute at its main, downtown location. The state-of-the-art institute is comprised of six spacious operating suites, 12 adjacent pre-and-post operation bays, new, spacious overnight patient suites and a physical therapy gym. The adjacent patient care floor is newly renovated to provide an additional 38 inpatient spaces designed exclusively for orthopaedic patients.

The operating room suites all include the latest technology in intraoperative imaging, allowing the surgeons to perform the most precise minimally invasive procedures.

Erlanger East Hospital

The all-new Erlanger East Hospital is an incredible lifestyle hospital designed to help patients return to all they love to do faster, safer and more comfortably. With décor and atmosphere of an upscale hotel, the new Erlanger East Hospital features spacious, comfortable patient and visitor areas, along with amenities you might not expect from a traditional hospital, including beautifully landscaped grounds and a wooded walking trail throughout the campus.

Other features include four new operating rooms, a cardiac catheterization suite, and a new 58-bed patient tower. Included in the tower is a six-bed ICU, expanded physician office space, food service and free parking, all designed with a focus on health, wellness and prevention. In its first year, Erlanger East Hospital established itself as the hospital of choice among patients in the East Hamilton County and North Georgia areas.

Foot & Ankle

The region's only comprehensive foot and ankle care

In January 2018, the new Erlanger Foot and Ankle Clinic opened in the Erlanger Medical Mall. This new world class clinic offers a spacious waiting room and 18 large patient exam rooms for patients with lower extremity problems.

Injuries and conditions affecting the foot and ankle are among the most common orthopaedic problems, and can be the most debilitating. Erlanger Orthopaedics offers a wide range of advanced solutions specifically focused on lower extremity problems, from next-generation arthroscopic procedures to groundbreaking total ankle replacement.

At Erlanger, you'll receive care from teaching physicians who have made significant national contributions to the field of foot and ankle surgery and research. They will work with you to develop an individualized treatment plan and improve your quality of life.

Our goals are to:

- Bring relief from pain and discomfort
- Maximize your mobility
- Help you return to an active lifestyle and doing the things you love



Surgeons like Dr. Jesse Doty, a foot and ankle reconstruction specialist, are engaged with cutting edge clinical trials. This means Erlanger patients often get the latest treatment options first.



General Orthopaedics

Advanced treatment options to eliminate pain and discomfort

Each of our orthopaedic surgeons has a specialized focus and some providers offer a general practice — treating a full range of musculoskeletal injuries and diseases in all parts of the body. We offer advanced treatments to eliminate pain and discomfort caused by arthritis, tendonitis, fractures and many other conditions.

Whether you have pain in your shoulders, knees, hands, feet, or other areas, our general orthopaedic team can help you live an active, pain-free lifestyle once again.

Hand & Upper Extremity Care

Offering expertise in non-surgical and surgical treatment of hand and wrist disorders

Our Hand and Upper Extremity physicians have fellowship-level expertise in non-surgical and surgical treatment of hand and wrist disorders. Our team includes specialists who are specifically trained to provide the most delicate and refined care required for problems of the hand, wrist and forearm.

Joint Reconstruction

Advanced solutions for shoulder, elbow, hip, and knee pain

Our joints keep us moving. But that very fact makes them subject to painful injuries, wear and tear, and conditions that can limit our mobility and cause pain. Fortunately, Erlanger Orthopaedics offers the latest solutions to address a full range of joint conditions and injuries - including progressive or permanent damage as a result of osteoarthritis, rheumatoid arthritis, neurologic disorders, trauma and overuse.

In addition to breakthrough non-surgical options, our fellowship trained surgeons offer the latest, minimally invasive joint replacement and reconstruction options. These options bring faster recovery, reduce post-surgical discomfort, and significantly improve outcomes.

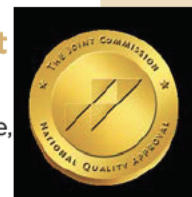
Joint Commission Certification for Hip and Knee Replacement

By the time most patients need total joint replacement surgery, they've already endured a lot of pain. What they want most from their surgery is a quality outcome, quick recovery, and a return to a pain-free life.

The Erlanger Orthopaedic Institute is designed, equipped and staffed to achieve the outcomes patients' desire most. That is why it is the first and only joint replacement program in the area to earn the Gold Seal of Excellence from the Joint Commission.



Since 1951, the Joint Commission has been a leading guardian of higher quality patient care. The Erlanger Orthopaedic Institute wins the Joint Commission's recognition by delivering higher standards of pre-operative, surgical and post-operative care. Our Orthopaedic surgeons are all focused on one primary goal: the highest quality outcome for each patient.



Pediatrics

The region's only orthopaedic surgeons focused on the unique needs of children

Musculoskeletal problems affect children differently than adults. A child faces unique congenital, developmental, and traumatic conditions – and their growing bodies respond best to treatment modalities designed for their stage of development.

Children's Hospital at Erlanger offers the region's most comprehensive pediatric orthopaedic program in the region and is designated by the state of Tennessee as a Comprehensive Regional Pediatric Center (CRPC), providing the highest level of medical and trauma care for children. Children's Hospital at Erlanger houses the region's only pediatric trauma team, Emergency Center, and Pediatric Intensive Care Unit.

Pediatric Services Include:

- The region's only orthopaedic program with fellowship-trained expertise in non-operative techniques that can lead to shorter time to treatment, improved pain management and decreased rehabilitation.
- The region's only children's hospital with a full-range of pediatric subspecialists, including orthopaedics, to ensure a multi-disciplinary approach to care.
- The region's only surgical suites designed exclusively for children.

Physical Therapy

Why Choose Erlanger Physical Therapy?

With three convenient locations, we offer access to world-class physical therapists who are certified in a **broad range of specialties**. Our goal is to restore function, relieve pain, and help you safely get back to the activities you enjoy.

Our team includes physical therapists who have achieved national certification in soft tissue therapy, orthopaedics, concussion management, dry needling, manual therapy, strength/conditioning, and ACL injury prevention.

Downtown Location:

- **Erlanger Sports and Health Institute**
1100 E. 3rd St, Suite G-103
Chattanooga, TN 37403
423-778-2930

Gunbarrel Locations:

- **D1 Facility**
7430 Commons Blvd
Chattanooga, TN 37421
423-778-8989
- **Erlanger Orthopaedics East**
1809 Gunbarrel Rd, Suite 101
Chattanooga, TN 37421
423-648-0698



Each location offers comprehensive physical therapy evaluations, screenings, and treatments, including:

- Post-surgical care and pre-surgical therapy to optimize surgical outcomes
- Sports injuries
- Acute injury rehabilitation
- Manual therapy
- Treatment for low back pain and neck pain
- Vestibular rehabilitation (balance disorders)
- Concussion management

Therapeutic modalities including taping, Astym® soft tissue therapy, and dry needling, a treatment approach to reduce pain and improve function.

Spine

Specialized expertise in treating adult and pediatric spinal problems

Our spine services focus on the latest surgical and non-surgical techniques to relieve pain and restore function. Our pediatric care includes spine-growth friendly approaches to address deformity and other back issues.

Adult

- Double-fellowship level surgical expertise in treating all types of adult spinal conditions
- Treatment of spinal deformity such as scoliosis and kyphosis, neck and back problems that cause pain, weakness, clumsiness, numbness, tingling and balance issues
- Treatment of spinal fractures & injuries, degenerative conditions, infections and tumors of the spine
- Non-operative, osteopathic spinal care
- Board-certified expertise in Physical Medicine and Rehabilitation (ABPMR)
- Non-surgical treatment for low-back, neck, and thoracic back pain/herniated disc



Pediatric

- Fellowship-level expertise in spine-growth friendly techniques
- Casting and bracing
- Growth-friendly spine surgery (MAGEC)
- Treatment of spinal deformity and early-onset scoliosis



Sports Medicine

As much as by scenic mountains and rivers, our region is defined by sports. The good news is that our region is also home to a comprehensive resource when injury or illness takes us out of the action. Staffed by physicians who serve the region's top teams and who teach the latest sports medicine techniques, Erlanger's Sports and Health Institute offers more to get you moving again. Our goal is to help you return to the active life or sport you enjoy as quickly as possible—with a focus on life-long fitness.

Erlanger Sports Medicine Is...

Comprehensive

We are a unique collaboration between leading specialists in primary care, orthopaedics, neurology, cardiology, and rehabilitation—ensuring your injury gets the right kind of medical attention.

Academic

We are part of the region's only major academic medical center, which means our sports medicine physicians teach tomorrow's techniques, holding to the higher standards of evidence-based medicine.

Trusted

We are doctors for the region's top teams including UTC, Lee University, Covenant College, and many area high schools. Our comprehensive level of care has made Erlanger the official medical provider for high-profile athletic events including the USA National Cycling Championships and Ironman Chattanooga.

Some of our services include:

- Continued medical management of primary care needs for the whole family
- Non-surgical treatment approach to neck and back conditions such as osteoarthritis
- Non-surgical treatment approach to sports-related injuries and conditions such as exercise-induced asthma and hypertension
- Chronic condition management and overuse injuries
- Injury prevention program
- Healthy approach to weight loss and weight gain by a certified health coach

ment

injury clinic

rich our providers work closely with physical therapists,ists and athletic trainers



Trauma

The region's only Level 1 orthopaedic trauma center

Fractures and traumatic injuries happen unexpectedly. And while there's no way to prepare for such an injury, it's comforting to know you are in experienced hands. Erlanger has six LIFE FORCE air ambulances in its fleet, three based in Tennessee, two in North Georgia, and one in North Carolina.

Erlanger's orthopaedic trauma surgeons provide comprehensive 24/7 care at the region's only **level 1 trauma center**. This means they are fellowship-trained in traumatology and certified to provide the highest level of care for traumatically injured patients.

Patient Resources

The Orthopaedic Program at Erlanger is a multidisciplinary program designed to fully educate and care for patients and their families before surgery, during their hospital stay, and after surgery. This ensures patients are able to return to an active lifestyle as quickly as possible.

Clinical Coordinator. The Orthopaedic Coordinator provides and coordinates care of the patient and acts as a liaison between patients and their surgeons from time of admission to the floor until discharge. The Orthopaedic Coordinator in addition, teaches an educational class to patients having a total joint replacement before surgery.

Orthopaedic Nurse Practitioner. The Orthopaedic Nurse Practitioner conducts physical exams, prescribes tests and treatments, and analyzes those tests and treatments during the patient's hospital stay. The Orthopaedic Nurse Practitioner works closely with physicians and hospital staff to coordinate patients' care from the time of admission to discharge.



Orthopaedic Navigators. As part of the Orthopaedic team, Erlanger's navigators work with patients who are having a hip, knee, or ankle replacement. Our Navigators help patients prepare for surgery, ensure the plan of care is completed, and assist with discharge and follow up care for three months after the surgery.

Joint Class. The Orthopaedic Program at Erlanger offers a Joint Education Class for patients and the individuals who will be helping them throughout their surgical experience and recovery. During this class, the patients will receive information regarding their surgery and hospital stay, and will also have the opportunity to ask any questions they may have.

Education Manual. We offer each patient undergoing total hip, knee, or ankle replacement an educational manual. This guide is designed to help the patient further prepare for surgery by giving them information to achieve the best outcome from a joint replacement. A copy of the manual is provided on the Erlanger Website at www.erlanger.org/media/file/Ortho/Knee_Hip_Replcmnt_Manual_cropped_sm.pdf.

Online Videos for Hip, Knee, and Ankle Replacement Surgeries. Several educational videos are posted on the Orthopaedic website for patients and their families/caregivers. The videos cover what patients should expect before and after surgery.

Hip and Knee Replacement:

- Go to Erlanger's home page at: **erlanger.org**
- Click on *Medical Services*
- Click on *Orthopaedics*
- Click on *Joint Reconstruction*
- Scroll down to the bottom of the page and you will see the video
- Click on the video to begin
- Also, located below the video is the *Education Manual for Total Knee and Hip Replacement* that you may click on to review

Ankle Replacement:

- Go to Erlanger's home page at: **erlanger.org**
- Click on *Medical Services*
- Click on *Orthopaedics*
- Click on *Foot and Ankle*
- Scroll down to the bottom of the page and you will see the video
- Click on the video to begin
- Also, located below the video is the *Education Manual for Total Ankle Replacement* that you may click on to review

CareSense

We are excited to be using an educational digital tool for our patients having a hip, knee, or ankle replacement called CareSense. Through automated phone calls, text messages and emails, our patients receive reminders and educational material regarding their surgery. Some of the information that will be sent includes:

- How to better prepare for surgery
- Exercise and rehabilitation information
- Post discharge information





erlanger.org/ortho

