

The Bone & Joint Network

A service provided by St. Joseph Health, the **Bone & Joint Health Network**¹ is a resource of orthopedic specialists who provides a wide range of expertise designed to address your orthopedic needs. Whether you're exploring non-surgical therapies, joint replacement surgery, or simply want nutritional advice, our network is here to guide you. **How may we help?**

¹The Bone & Joint Health Network is sponsored by St. Joseph Health and provided at no cost to you.

After my surgery, I felt so good that I was able to leave rehab after only three days the pain was gone. I've had a lot of surgeries, and the continuity of care at Santa Rosa Memorial was exceptional. Now I can honestly say that I have my life back.

— Trish Collins, hip-replacement patient



Patient-Focused Amenities at Santa Rosa Memorial

Contemporary and comfortable private rooms

A continental breakfast cart, including gourmet coffee

Seasonal meals prepared by a local chef

For more information

Please call **(707) 525-BONE** or email Jessica.kerger@stjoe.org
Visit us online at stjoesonoma.org/orthopedics

Our Mission & Vision

Our philosophy of care is to extend the healing ministry of Jesus in the tradition of the Sisters of St. Joseph of Orange, by continually improving the health and quality of life of people in the communities we serve

St. Joseph Health 
Santa Rosa Memorial
Center for Bone & Joint Health

1165 Montgomery Drive
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stjoesonoma.org/CBJH



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At St. Joseph Health's Center for Bone & Joint Health, we're committed to providing exceptional orthopedic care to patients of all ages. We recognize the importance of living an active lifestyle and preserving your independence. As a result, our team of experts is ready to address all of your orthopedic needs, from diagnosis to recovery.

Expertise Matters

If non-surgical therapies are no longer an option for you, our care team is here to make your surgical journey as smooth and painless as possible. The Center for Bone & Joint Health offers state-of-the-art technology and advanced surgical techniques. Our highly trained specialists are among the best in the industry. And each year, we receive national rankings for quality and clinical care outcomes.

Specialties

At the Center for Bone & Joint Health, we provide comprehensive care in all areas of orthopedics, including:

- Total joint replacement, including hip, knee, shoulder, and ankle
- Spinal conditions
- Specialty surgery, including foot, hand, and ankle
- Trauma treatment and surgery
- Osteoarthritis
- Sports injuries
- Surgery revision
- Physical therapy

A Personal Touch: The Patient Navigator

We offer a dedicated Patient Navigator to serve as a personal guide to patients who are undergoing joint-replacement surgery. Our navigator can provide you with a wealth of helpful information designed to make the surgical process as simple and comfortable as possible. Whether you have questions about diet and exercise, pain management, medication, physical therapy, or community resources, the navigator is here to help you prepare for surgery, support you in recovery, and much more.

NEED IMAGE OF JESSICA KERGER

Jessica Kerger, RN



I was amazed by how accurate and helpful the class was. I knew exactly what to expect both before and after surgery. They have the entire process down to a science.

— Tim Neil, hip-replacement patient

Total Joint Replacement Class

The Total Joint Replacement Class is a free, two-hour session that is designed to educate patients about the joint replacement process. Led by our Total Joint Patient Navigator, the class provides detailed information about knee and hip replacement surgery so you can feel comfortable and informed before, during, and after your procedure.

Rapid Recovery Program

We know you've been sidelined by pain. Our goal is to end your pain and discomfort. That is why we are committed to making the joint-replacement process as swift and painless as possible. Significant attention is given to pain management, both before and after surgery, so patients can quickly resume their normal activities.

New advancements in pain management enable some patients to become mobile just hours after surgery, which means physical and occupational therapy can begin the same day. The result is an improvement in their circulation, balance, and strength, which are imperative to the healing process.

The average length of stay for joint replacement patients is just one to two days.

Physical Therapy

Whether your concern is post-operative rehabilitation, sports-related trauma, a sprained ankle, or a repetitive-motion injury, our team of experienced therapists is here to get you on the move in a supportive atmosphere. Improvements in pain medication now enable in-patient physical therapy to take place within hours of surgery. Out-patient therapy can begin just days later.



After my knee-replacement surgery, I regained function almost immediately. I was going up and down stairs before I even left the hospital.

— Tish Levee, orthopedic patient