

Why Choose RAPID STRIDES?

Dameron Hospital's Rapid Strides Accelerated Recovery[®] Knee Replacement Program uses state-of-the-art technology and a comprehensive, team-based approach for accelerated recovery. Our program offers minimally invasive surgical techniques combined with computer-assisted navigation to achieve excellent results for our patients in terms of pain relief, mobility and restoring quality of life.

KEY BENEFITS of the program include:

- Less pain than traditional knee replacement surgery due to an all-encompassing, minimally invasive surgical approach
- Decreased joint pain and swelling as a result of multiple anesthetic techniques
- Little or no post-operative IV narcotics, which significantly decreases post-operative complications
- Accelerated recovery time so patients can take their first steps almost immediately after surgery
- A shorter hospital stay, as patients are admitted on the day of surgery and are usually discharged on the first post-operative day

FREE MONTHLY SEMINARS

If you are experiencing knee pain and considering the Rapid Strides program, Dameron Hospital hosts free information seminars. During these highly informative sessions, patients can weigh their treatment options, gain clarity on whether they are a candidate for the Rapid Strides program, meet the medical staff and ask questions about the total knee replacement procedure.



209-944-5550

to sign up for a Rapid Strides Seminar



DameronKneeReplacement.com



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Designated
**BlueDistinction[®]
Center**
Knee and Hip Replacement

Blue Distinction Centers (BDC) met overall quality measures for patient safety and outcomes, developed with input from the medical community. A Local Blue Plan may require additional criteria for facilities located in its own service area; for details, contact your Local Blue Plan. Blue Distinction Centers+ (BDC+) also met cost measures that address consumers' need for affordable healthcare. Each facility's cost of care is evaluated using data from its Local Blue Plan. Facilities in CA, ID, NY, PA, and WA may lie in two Local Blue Plans' areas, resulting in two evaluations for cost of care; and their own Local Blue Plans decide whether one or both cost of care evaluation(s) must meet BDC+ national criteria. National criteria for BDC and BDC+ are displayed on www.bcbs.com. Individual outcomes may vary. For details on a provider's in-network status or your own policy's coverage, contact your Local Blue Plan and ask your provider before making an appointment. Neither Blue Cross and Blue Shield Association nor any Blue Plans are responsible for non-covered charges or other losses or damages resulting from Blue Distinction or other provider finder information or care received from Blue Distinction or other providers.

RAPID STRIDES. RECOVERY.



EXCELLENCE IN KNEE REPLACEMENT

Dameron Hospital's Rapid Strides Accelerated Recovery[®] Knee Replacement Program uses state-of-the-art, minimally invasive techniques to ensure a fast and lasting recovery.



Why Does My Knee Hurt?



HEALTHY KNEE



ARTHRITIC KNEE

Over time, the smooth cartilage in the thigh bone, shin bone and kneecap can wear away, leading to arthritis. Without cartilage, these bones rub together, leading to swelling and increased pain during physical activity. Knee replacement surgery is an effective way to reduce knee pain and get back to a more active lifestyle.

What is Total Knee Replacement?



During Total Knee Replacement surgery, cartilage is replaced with an artificial surface, leaving the knee intact. To cushion the knee, an artificial substitute for the cartilage is inserted onto the end of each bone using a metal alloy on the end of the femur and tibia. With a new layer of cushion to support knee bones and joints, individuals experience a decrease in pain and improved knee function.

Am I a Candidate for Total Knee Replacement Surgery?



You may be a candidate for total knee replacement surgery if:

- You experience daily and/or nightly pain in the knee more than three times a week
- Physical activity and/or sleep is hindered by knee pain
- Daily routines are no longer easy to maintain and overall quality of life is decreased
- You meet age, weight and overall orthopedic health considerations during knee replacement surgery consultations



Dameron Hospital's Rapid Strides program gets patients back to their normal activity in nearly half the amount of time compared to standard knee replacement surgeries. The streamlined recovery time is immediately evident, as patients that participate in this program are taking their first steps a few hours after surgery and typically go home the next day.

— **Dr. Kevin Mikaelian**
Orthopedic Surgeon and
Rapid Strides Medical Director



LIFE
Get Back To It

