



Orthopaedic & SpineSM Institute

Oak Hill Hospital

Spine Services

Be sure to ask your physician about the Oak Hill Hospital Spine Camp Program offered prior to your surgery

Our Facilities

The Orthopaedic & Spine Institute is located on the fourth floor of Oak Hill Hospital. Specially designed rooms provide:

- Furniture for patient and family comfort
- Comfortable family waiting area nearby
- In-room televisions with cable
- Wireless Internet access for personal computer use

Spine Camp Program

The Orthopaedic & Spine Institute at Oak Hill Hospital is committed to patient education. We offer a weekly education class designed specifically for patients requiring spinal surgery that includes:

- Preoperative tour of the Orthopaedic & Spine Institute at Oak Hill Hospital; bring your loved ones along
- Chance to meet the courteous staff that will be caring for you during your stay including the physical therapist and discharge planner
- Opportunity to learn important information about your upcoming procedure and your postoperative recovery path
- Specialty meal selections for education program participants



11375 Cortez Boulevard, State Road 50
Spring Hill, FL 34613
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For more information on
Orthopaedic & Spine Services
please visit us at
www.OakHillHospital.com



TOGETHER, PERFORMING AT A HIGHER STANDARDSM

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Orthopaedic & Spine Institute Services

The Orthopaedic & Spine Institute at Oak Hill Hospital provides full-service spine care from digital x-rays to rehabilitation, and everything in between. Our experienced and professional spine surgeons, working with our radiologists, physical therapists, and orthopaedic certified nurses (ONC), ensure that you receive optimal care in a comfortable setting.

Whether you need help managing chronic back pain, suffer from arthritis of the spine, or present with a sports related injury, we want to help relieve your pain and restore your body to a higher level of performance.

Digital Diagnostics

Oak Hill Hospital's Orthopaedic & Spine Institute utilizes the latest in digital diagnostic testing to assist in the diagnosis of abnormalities in joints, bones, muscles, and soft tissue:

- X-rays
- CT Scans
- MRI's

Spinal Conditions Treated

We provide treatment options for a variety of conditions, including:

- Vertebral Fractures
- Compression Fractures
- Spinal Stenosis
- Disc Herniation
- Degenerative Disc Disease
- Motor Vehicle Related Injuries
- Sports Injuries



Treatment Options

The following procedures are a sample of the options we provide as treatment for various conditions:

• Discectomy

Surgical removal of a herniated disc that is pressing on the nerve root or spinal cord

• Laminectomy

Surgical procedure done to relieve pressure on the spinal cord or spinal nerve roots caused by age-related changes in the spine and to treat other conditions, such as injuries to the spine, herniated discs, or tumors

• Kyphoplasty

A minimally invasive procedure to alleviate pain from vertebral compression fractures by injecting the collapsed cavity with cement to re-expand and stabilize the space

• Spinal Fusion

Fusion of two or more vertebrae in the spine to eliminate the pain caused by their moving against one another

• Pain Relief with Epidural Injections

Mixture of an anti-inflammatory mixed with a local anesthetic injected into the space around the spinal cord and nerve roots

• Vertebroplasty

A minimally invasive procedure to alleviate pain from vertebral compression fractures by injecting the cement into the fractured vertebra bone to stabilize the spine

Rehabilitation

After you have been treated for your condition, we want to ensure that you heal properly and regain strength. Our rehabilitation team will work with you in a private setting, at your own pace and comfort level, so that you can return to your daily lifestyle. Through exercises and training, our certified physical therapy team is here to help you get back to the things you love.

Pain Management

In order to achieve the best results, it is essential that you communicate effectively with your doctors and nurses to choose the method of pain control that will work best for you. We would like to make your hospital stay as comfortable as possible. The amount or type of pain you feel may not be the same as another patient might feel, even for those patients who may have had the same operation.

To maximize the benefits of pain control, you need to work with your doctors and nurses to communicate about your pain. They will ask you to rate your pain on a scale of 0-10 – with zero indicating no pain and ten being the worst imaginable pain.

Your nurses will be asking you for your comfort goal. **It is unrealistic to certain situations (surgery and certain diseases) to expect that you will have no pain.** We would like to have your pain at a level where you are able to walk and do your breathing exercises.

Reporting your pain as a number helps the doctors and nurses know how well your treatment is working and whether it is necessary to make changes. You may also choose to use descriptors, like mild, moderate, or severe.