HOW TO CHOOSE AN ORTHOPEDIC SPECIALIST

Has your primary care physician recommended an orthopedic specialist? Or are you searching yourself for solutions? Whatever your case may be, it is critical to find the right specialist for you.

We've created this guide to help you understand what to look for in an orthopedic specialist so you can find the best match for your needs.
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“When the art of medicine is loved, there is also a love of humanity.”

Hippocrates
Orthopedic Surgery Overview

Orthopedic surgery has undergone tremendous technological growth over the past few decades.

LESS INVASIVE OPTIONS
Many treatments can now routinely be performed arthroskopically, allowing patients to safely resume all their normal activities.

Less invasive methods mean that the process, including recovery and healing, is often quicker and easier for the patient.

As a result, it’s critical in your search process to not only find a surgeon that is experienced in your type of procedure, but one that is up-to-date on the latest advancements.

WHAT ARE ALTERNATIVES TO SURGERY?
You should search for an orthopedic surgeon that doesn’t push you into surgery when other good alternatives exist. Some of these advanced minimally invasive alternatives include orthobiologics (e.g. bone marrow stem cell injections and platelet rich plasma injections).

ORTHOBIOLOGICS - NEW ADVANCEMENTS
The advanced science of orthobiologics is transforming orthopedic care for athletes and others suffering from knee and shoulder problems. This new technology is showing great results in healing injuries to bones, muscles, tendons and ligaments.

“Orthobiologics is an exciting new breakthrough technology that offers patients cutting edge alternatives to traditional orthopedic treatments. The idea is to use your body’s own healing mechanisms to accelerate healing and offer solutions to pain relief.”

G2 Orthopedics and Sports Medicine
Rehabilitation is Critical to your Success

If surgery is the best treatment option for you, then physical therapy will most likely be a crucial part of your healing process. It is important to find an orthopaedic surgeon who stays in close communication with the therapists.

YOUR SURGEON SHOULD HAVE A PLAN
Rehabilitation after orthopedic surgery requires a carefully planned program of therapy and exercise to regain range of motion and resume normal activities. Your surgeon and therapist should develop a customized plan for you and not just a cookbook one size fits all approach.

Your rehabilitation is typically designed to re-establish motion and strength. Gradually, over time, activities are increased ultimately leading to activity-specific training. The priority is to obtain range of motion (ROM) first followed by strengthening.

THE ADDED VALUE OF PHYSICAL THERAPY
The physical therapy component certainly helps with regaining range of motion, decreasing pain/swelling, and building physical strength but the retraining of the brain and how it interacts with the body is also of vital importance.

How well you, your therapist, and your surgeon work together will have a lot to do with your recovery, confidence and ability to get “back in the game” with as little risk of re-injury as possible.
Ask Your Surgeon

1. Is the type of surgery required to treat your condition necessary?
A trustworthy and professional orthopedic surgeon will thoroughly consider all other treatment options prior to proceeding with an operation.

2. How will the operation be performed?
A good surgeon will clearly outline the procedure, techniques involved, and preferences based on outcomes, and your specific case.

3. Can you tell me about your experience with the operation?
An experienced surgeon will gladly share their experiences with you regarding your specific surgery, including the volume of operations performed, success rates, any complications that are typical, expected outcomes, typical recovery time, and the latest advances in the specific procedure.

4. Will the surgery relieve my pain and restore mobility?
Many treatment options will do both, but circumstances like age, severity of the injury etc. may cause some limitations in the restoration of total mobility.

An experienced surgeon will gladly share their experiences with you regarding your specific surgery, including the volume of operations performed, success rates, any complications etc.
5. Where will the surgery be performed?
Many of the arthroscopic and other less invasive orthopedic surgeries are now performed on an outpatient basis. Your surgeon takes your health and complexity of the surgery into consideration when deciding where to perform the operation.

6. Will I need any medications?
Most surgeries require antibiotics and pain medication following the procedure. Your surgeon should discuss this with you in advance. Fortunately today most orthopaedic patients receive a regional block by the anesthesiologist which can significantly reduce pain after the surgery. Your surgeon should discuss this with you and make the arrangements with anesthesia.

7. What are the risks, benefits, and possible complications associated with this operation?
Any surgery can have post-operative complications that are generally associated with the complexity of the operation as well as individual factors such as obesity, diabetes, smoking and other medical conditions.

8. What follows surgery?
Follow-up treatment and care is an important part of your successful orthopedic surgery. The surgeon should see you in the office on a regular basis until you reach full recovery. Appropriate physical therapy is fundamental in assuring a successful outcome in most cases.
Dr. Vic Goradia - A Profile

* Board Certified in Orthopaedic Surgery
* Certificate of Added Qualifications in Sports Medicine
* Fellowship Trained in Arthroscopy and Sports Medicine
* Member, American Orthopaedic Society for Sports Medicine
* Member, Arthroscopy Association of North America
* Member, American Academy of Orthopaedics Surgeons
* Top Orthopedist Award by Consumer Research Council
* Associate Editor for the Journal of Arthroscopic & Related Surgery
* Chairman of the Arthroscopy Association of North America’s (AANA) Media Based Education Task Force
* Past Chairman of the AANA Technology and Communications Committees
* Regularly teaches advanced knee and shoulder procedures to other orthopaedic surgeons
* Over 100 presentations, book chapters and journal publications
* Nationally known expert in arthroscopic surgery and sports medicine
* A consultant for Arthrex Inc., Naples, FL which is the world’s leading manufacturer and inventor of orthopaedic medical devices
* Received awards for his research work in the advancement of knee ligament (ACL) surgery

“We care for each patient like a professional athlete, using the same advanced treatments to get them back to their peak levels in sports, work and day-to-day life.

When you come to G2 Orthopedics and Sports Medicine, you don’t get shuffled among various doctors or PA’s. I take pride in personally treating you with the most advanced treatment options available with a game plan tailored to your unique needs.”

-Dr. Vic Goradia-
CONSIDERING ORTHOPEDIC SURGERY?

Any type of orthopedic surgery is a major procedure. You do not want to make an uninformed decision about which orthopedic surgeon to use for your upcoming surgery.

Your primary care physician, friends and family members may have a favourite but it is up to you to do some research. These days many surgeons decide to receive an optional extra year of fellowship training so they can specialize in specific body parts and/or types of operations. This fellowship training combined with years of experience may be essential to your successful outcome and should be readily available on your surgeon’s website.

Also be sure to research other credentials such as teaching experience, publications, awards and memberships in specialty societies (e.g. sports medicine or arthroscopy).

Once you have done your homework it's time to make an initial appointment. Bring your questions to your first appointment and remember, you need to feel comfortable making an educated decision about your surgery. Your surgeon should be more than happy that you are taking an active role in your own healing.

Are you or someone you know considering orthopedic surgery?

VISIT OUR WEBSITE

WWW.G2ORTHOPEDICS.COM