



Health+Wellness Pavilion

Wexford

Orthopaedic Institute



The Wexford Health + Wellness Pavilion is bringing world-class orthopaedic care to the North Hills community. Now members of the community can get the same orthopaedic care that local sports teams like the Pittsburgh Pirates receive, right in the North Hills Community.

The Orthopaedic Institute at the Wexford Health + Wellness Pavilion has condition specific divisions where teams of highly experienced doctors collaborate to develop treatment plans that are unique to each patient. The expertise of the medical team focuses on the following:

- Foot and Ankle Reconstruction
- Hand and upper extremities
- Musculoskeletal (bone and muscle) injuries
- Adult reconstruction and joint replacement (hip, knee, shoulder, elbow, finger)
- Orthopaedic spine
- Sports medicine

The team of orthopaedic surgeons, nurses, physician's assistants and rehabilitation specialists develop a treatment program specifically designed for each patient. Utilizing the latest surgical techniques and constructive methods we can treat injuries that range from a simple fracture to complete reconstructive and orthopaedic surgery.

The therapists also specialize in evaluation and treatment of musculoskeletal dysfunction, functional training and rehabilitation, as well as gait and balance training.

Track record of excellence

Over the years the Orthopaedic Institute has received recognition as a national leader. The Institute is ranked as one of the top 50 centers in the nation for orthopaedic surgery by *U.S. News and World Report*.

Hand and Upper Extremity Services

From the shoulder to the finger tip, the multidisciplinary team of surgeons and therapists has extensive experience in treating an array of conditions and injuries affecting the finger, hand, wrist, arm, elbow and shoulder, such as:

- Sprains, strains and contusions
- Traumatic injuries
- Pinched nerves such as carpal/cubital tunnel syndrome
- Tendonitis such as trigger fingers, Tendon injuries of the biceps and rotator cuff
- Tennis and golfer's elbow
- Osteoarthritis and rheumatoid arthritis of the thumb CMC joint, wrist, elbow and shoulder
- Hand and arm birth deformities such as extra, missing, or webbed fingers
- Masses such as ganglions and mucous cysts

Full spectrums of non-surgical and surgical services are offered to eliminate the patient's pain and restore normal function. When necessary, the specialists use advanced surgical techniques, such as arthroplasty, microsurgery and joint replacement.

Musculoskeletal (bone and muscle) Injuries

To return patients to normal function as quickly and safely as possible, the medical professionals of the Department of Orthopaedic Surgery enlist a comprehensive, leading-edge approach to the prevention, assessment, treatment and rehabilitation of musculoskeletal (bone and muscle) injuries. The team of orthopaedic surgeons, nurses, physician assistants, rehabilitation specialists and various medical support personnel works with each patient's primary care physician to develop a treatment program specifically for that patient. By combining extensive clinical expertise with a compassionate, caring treatment philosophy, patients get a unique combination of quality care and compassion.

Adult Reconstruction and Joint Replacement

Today's more active lifestyle can create problems related to joints and muscles. Painful, stiff joints can become life altering.

The team's clinical experience is used to establish an accurate diagnosis quickly and develop a plan of care

that fits the needs of each patient. The focus is on exhausting every appropriate treatment option before considering surgery.

If surgery becomes the only option, the Institute's "continuum of care" approach to joint surgery procedures produce outstanding clinical and patient satisfaction results. The surgical team has the ability to replace all major joints, including those in the hip, knee, shoulder, elbow and finger. This integrated approach enables the clinical team to continuously monitor and manage the patient's entire pre- and post-surgical performance and progress to ensure patients have all of the resources they need for a full recovery.

Orthopaedic Spine

Whether a patient's neck or back pain is caused by injury, illness or improper body mechanics, we can help provide relief and restore mobility. The team of specialists has experience treating a variety of spinal conditions that range from trauma and overuse injuries, acquired and congenital deformities of the spine, herniated discs, spinal osteoporosis to spinal tumors and fractures.

The team explores a variety of non-surgical therapeutic interventions to eliminate pain and restore normal function. Treatment options include prescribed rest, exercise and conditioning programs.

When non-surgical options are exhausted, arrays of surgical techniques are available at several network hospitals. As much as possible, a less evasive approach is taken to restore a normal contour to the spine to minimize pain and restore mobility.

Sports Medicine

The team of sports medicine specialists at the Wexford Health + Wellness Pavilion are specially trained to get patients back in the game or enjoying their athletic activities. Using the latest treatment approaches, the team focuses on helping patients regain strength and mobility.

The Wexford Health + Wellness Pavilion provides access to the renowned surgery team at the Allegheny Health Network Hospitals. The surgeons are considered leaders in arthroscopic joint surgery and reconstructive ligament surgery.

The Institute's services have earned the confidence of athletes at every level of competition. In addition to serving as the official medical provider for the Pittsburgh Pirates and Riverhounds, the Institute has been designated as an official U.S. Olympic Regional Medical Center and is also dedicated to providing sports medicine services in the community for local high school and college teams.

Advancing treatment Through Research

The Institute's research efforts center on improving people's health. Current projects include electrical stimulation for joint replacement, surgery recovery and testing and new prostheses to reduce or eliminate joint infections.

Orthopaedic Foot and Ankle Reconstruction

James Sferra, MD

Orthopaedic General

Michael Seel, MD

Orthopaedic Hand, Extremity and Microvascular Surgery

Edward Birdsong, MD

Bradley Palmer, MD

Peter Tang, MD

Orthopaedic Hip and Joint Reconstruction

Timothy Sauber, MD

Michael Seel, MD

Jeffrey Sewecke, DO

Orthopaedic Spine

Dan Altman, MD

Gary Schmidt, MD

Orthopaedic Sports Medicine

Sam Akhavan, MD

Darren Frank, MD

To schedule an appointment with one of our specialists at the Wexford Health + Wellness Pavilion, please call **412.DOCTORS (412.362.8677)**. For general information about the pavilion, call **844.HWP.4YOU (844.497.4968)**.

About the Wexford Health + Wellness Pavilion

The Wexford Health + Wellness Pavilion is an integrated entity of Allegheny Health Network. At the Wexford Health + Wellness Pavilion, our focus is on you and your health. Patients can access a wide range of services, from primary and specialty care to outpatient surgery and advanced, state-of-the-art support services in diagnostic imaging, laboratory services, and physical and occupational therapy. The pavilion offers many amenities, including complimentary valet parking, concierge service, a staffed Austin's Playroom, café, retail pharmacy, Visionworks, outdoor walking trail and much more. The Wexford Health + Wellness Pavilion is dedicated to providing exceptional healthcare close to home and serves as your premier partner in health and wellness.



Allegheny
Health Network

Caring People, Caring for You.™

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Health + Wellness Pavilion
12311 Perry Highway
Wexford, PA 15090

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AHN34710 bs.kl Rev. 4-15