

## *An End to the Pain*

Not too long ago, Benicia resident Jaime Herman found herself unable to do the simple things she used to take for granted—taking walks, riding a bike and getting down on the floor to play with her young grandson.

“One morning, I stepped out of bed and felt this pain in my hip,” she remembers. But instead of going away, the pain lingered and worsened over the next two years.

When Jaime was referred to an orthopedic surgeon affiliated with Sutter Solano Medical Center, it was a turning point. “After evaluating my case, my doctor told me that total hip replacement was required. He was right. Today, the constant pain I used to have is completely gone.”



**Sutter Solano  
Medical Center**

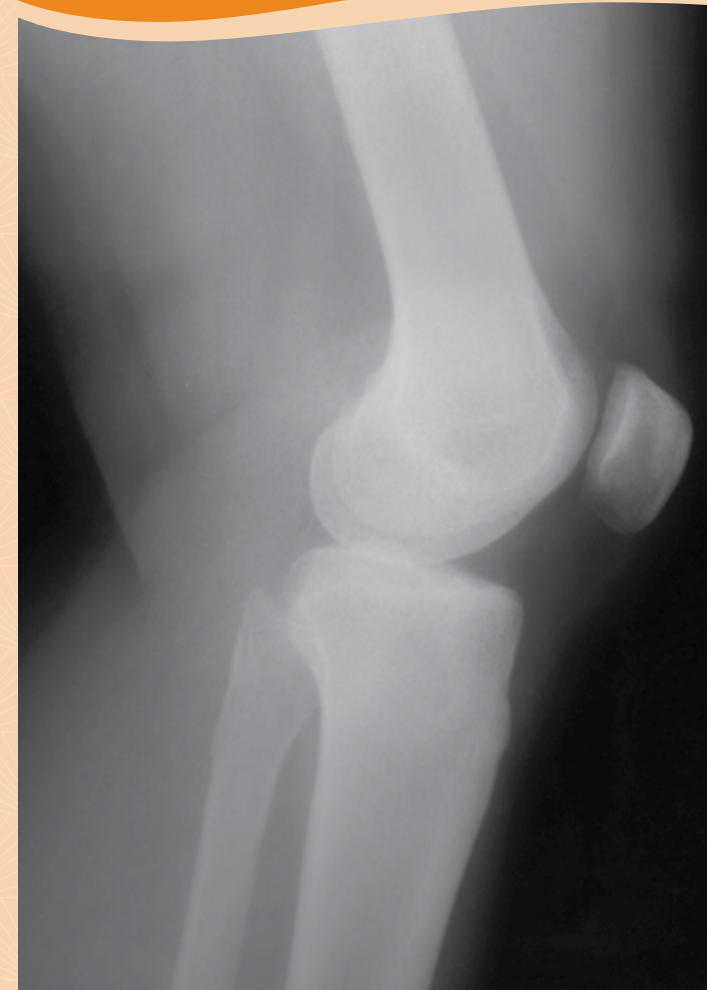
A Sutter Health Affiliate

*With You. For Life.*

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## Orthopedic Services



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Sutter Solano Medical Center provides comprehensive orthopedic care throughout the Solano County region. The board-certified physicians on staff are specially trained in many of the major areas of orthopedics, including:

- General orthopedics
- Foot and ankle reconstruction
- Joint replacement surgery
- Hand and microvascular surgery
- Spine surgery



## Our Staff

SSMC's board-certified orthopedic surgeons are dedicated to providing high quality joint replacement and orthopedic services. This highly-trained orthopedic staff provides patients undergoing joint-replacement surgery with comprehensive and integrated care from diagnosis through rehabilitation. The goal is to provide patients with the treatment and education needed to better their quality of life.

SSMC's orthopedic surgeons will work in concert with the patient's primary care doctor to ensure overall care and health needs are met. The joint-replacement team also includes anesthesiologists with advanced training in regional anesthesia techniques, specialty trained surgical and post-operative nurses, physical and occupational therapists, case managers and dietitians.

**To find a physician who fits your needs, visit [suttersolano.org/ortho](https://suttersolano.org/ortho).**

## Our Hospital

Surgical services are provided at Sutter Solano Medical Center, accredited by The Joint Commission, an organization that establishes quality standards for health care providers.

We're proud to have received numerous awards and recognition and to be ranked as high or higher than other regional hospitals in areas such as critical care, patient safety and overall patient experience.

**View our quality ratings and patient testimonials at [suttersolano.org/ortho](https://suttersolano.org/ortho).**



## Joint Replacement Classes

All patients undergoing joint-replacement surgery attend the pre-operative patient education class, which is offered on a monthly basis. Patients considering total knee and hip replacements may benefit from attending the joint-replacement classes. During these informative sessions, a multidisciplinary team of orthopedic professionals provides patients with an overview of what to expect before surgery, during the hospital stay and after surgery, and answers any additional questions the patient or patient's family may have. This class is designed to better prepare patients for their recovery and helps to lessen anxiety and fear about the surgery.

**For more information about our classes and for a schedule, visit [suttersolano.org/ortho](https://suttersolano.org/ortho).**