

# Orthopedics and Sports Medicine Care

When an illness, injury or chronic condition is causing you joint or muscle pain, the Orthopedics and Sports Medicine team at Penn Highlands Healthcare combine the most effective treatments such as orthopedic care, sports medicine, orthopedic physical therapy, pain management and orthopedic surgery, to create a customized treatment plan.

We provide orthopedic care close to home.

Penn Highlands Healthcare offers an integrated approach to orthopedic care which means you will receive the care that is going to work best for your condition. Whether your care starts in one of our emergency rooms, orthopedic urgent care centers, QCare walk-in clinics or physician offices, we always begin with the most conservative treatment possible with the goal of eliminating or reducing your pain and restoring function so that you can return to work and life.



## Orthopedics and Sports Medicine Care at Penn Highlands Healthcare

### PENN HIGHLANDS ORTHOPEDICS AND SPORTS MEDICINE

#### California

371 Skyline Drive

#### Charleroi

625 Lincoln Avenue

#### Clarion

265 Holiday Inn Road

#### Clearfield

815 Doctors Drive

#### Connellsville

401 East Murphy Avenue

#### DuBois

123 Hospital Avenue

145 Hospital Avenue  
Suite 311

#### Huntingdon

1227 Warm Springs Avenue  
Suite 201

#### Philipsburg

271 Railroad Street

#### Rostraver Township

800 Plaza Drive

#### St. Marys

761 Johnsonburg Road  
Suite 310

#### Tyrone

221 Hospital Drive  
Suite 3

#### Uniontown

150 Wayland Smith Drive  
Suite A

#### State College

239 Colonnade Boulevard



Penn Highlands Healthcare offers many Orthopedics and Sports Medicine providers as well as rehabilitation services at clinics and offices throughout Pennsylvania. Find a location near you.

[www.phhealthcare.org/orthopedics](http://www.phhealthcare.org/orthopedics)

# Orthopedics and Sports Medicine Care

*Penn Highlands Healthcare*  
Advanced Medicine. Here.



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Penn Highlands Healthcare provides a wide range of integrated orthopedic care to help you get back to living the life you want. Our orthopedic physicians are experts in evaluating the cause of your pain and developing customized plans that include the best combination of treatments.

## Orthopedic Care

At Penn Highlands, our team of orthopedic doctors, sports medicine physicians, orthopedic physical therapists, nurses and advanced practice providers work together to deliver clinical and service excellence in all aspects of joint and spine care. Penn Highlands is the first health system in Northwestern/Central Pennsylvania to offer the latest surgical treatment options for hip, knee and partial knee replacements.

## Walk-in Orthopedic Care

Penn Highlands QCare Walk-in Clinics treat many minor orthopedic injuries including back pain, sprains, and simple fractures. For locations, visit [www.phhealthcare.org/qcare](http://www.phhealthcare.org/qcare).

## Non-Surgical Orthopedic Care

Whether your bone or joint pain is due to an injury, arthritis or just common wear and tear, it is reassuring to know that not all orthopedic conditions require surgery. There are many conservative treatments, such as medication and physical therapy, that can reduce pain and swelling. Often, your

primary care physician will recommend trying these treatments for several weeks. If they do not help your condition, you may then be referred to an orthopedic surgeon to evaluate your surgical options.

## Sports Medicine

Penn Highlands expert sports medicine physicians treat all types of activity-related injuries and musculoskeletal conditions. They provide fast and accurate diagnoses and advanced therapies, including injections, physical therapy and minimally invasive surgery. The sports medicine physicians evaluate a patient's strength, flexibility and balance to assess whether an underlying condition is increasing the risk for injury or reinjury, and work to create a plan to help prevent future sports injuries. For details, visit [www.phhealthcare.org/sports](http://www.phhealthcare.org/sports).

## Orthopedic Surgery

Penn Highlands orthopedic surgeons are highly skilled at performing surgery using the latest technology and surgical techniques. They perform minimally invasive orthopedic surgery as well as robotic-assisted joint replacement. The surgeons follow surgical plans that are precise and customized for the individual anatomy of each patient. Penn Highlands Healthcare is the only health system in Pennsylvania to offer Fertilized ACL Reconstruction that incorporates bone marrow and stem cells to speed healing and reduce the risk of reinjury.

## Pain Management

Pain Management Clinics provide specialized care and therapy to patients experiencing back, neck or joint pain as well as other types of pain caused by orthopedic conditions. The goal is to use interventional treatments to help people avoid the long-term use of pain medication. Penn

Highlands Healthcare pain management experts work with the patient's primary care provider, orthopedic surgeon or other treating physician to evaluate what is causing the pain and consider the best treatment to provide relief. For conditions that cannot be treated with surgery or if pain still exists after surgery, our pain management specialists will develop a customized treatment plan with non-surgical therapies. Learn more at [www.phhealthcare.org/pain](http://www.phhealthcare.org/pain).

## Home Care

Penn Highlands Healthcare at Home is a well-respected leader in professional home healthcare services. The expert team helps people of all ages recover from orthopedic injuries and surgery with in-home rehabilitation services including physical therapy to improve strength and range of motion, plus massage, icing and taping. For information, visit [www.phhealthcare.org/healthcareathome](http://www.phhealthcare.org/healthcareathome).

Moving.  
Treating.  
Advancing.

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