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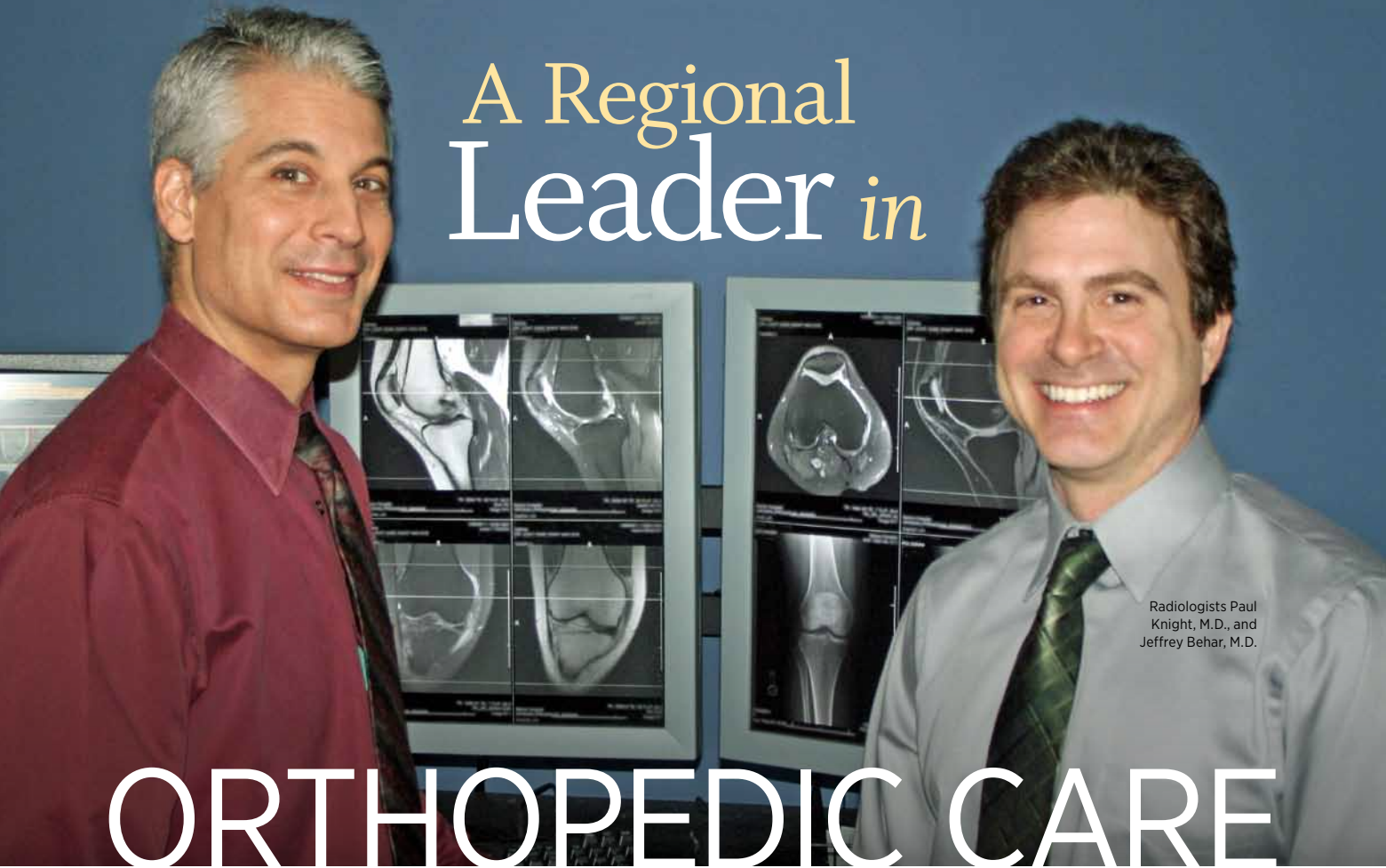


Barton Memorial  
HOSPITAL

## A Regional Leader in Orthopedic CARE

The doctors at Tahoe Center for Orthopedics (L-R):  
Keith Swanson, William Cottrell, Kyle Swanson, Robert Rupp,  
Stephen Bannar, Terrence Orr and Daniel Robertson

# A Regional Leader *in*



Radiologists Paul Knight, M.D., and Jeffrey Behar, M.D.

# ORTHOPEDIC CARE

THE TAHOE CENTER FOR ORTHOPEDICS — WITH OFFICES LOCATED IN BEAUTIFUL LAKE TAHOE AND THE SURROUNDING AREAS — PROVIDES AN INTEGRATED CARE APPROACH IN TREATING A WIDE RANGE OF ORTHOPEDIC CONDITIONS. A RESOURCE FOR PHYSICIANS AND PATIENTS, IT IS A REGIONAL DESTINATION FOR EXCEPTIONAL ORTHOPEDIC CARE.

**F**OCUSING ON QUALITY and personalized care that covers the full spectrum of musculoskeletal injury and disease states, the Tahoe Center for Orthopedics provides preventive care and wellness, surgical and nonsurgical services and a rehabilitation program in a world-class destination.

“At the Tahoe Center for Orthopedics, our goal is to provide exceptional patient care while ensuring an excellent patient experience,” says Michael Lewis, M.D., M.B.A., Director of the Tahoe Center for Orthopedics. “Our top-level health care providers, including dedicated physicians, nurses and physical therapists, exercise an integrated care approach that allows us to deliver high-quality clinical care as well as maximize patient outcomes.”

Service lines provided to patients through the Tahoe Center for Orthopedics include, sports medicine, joint replacement and reconstruction, spine care, hand and upper extremity care, medical imaging and rehabilitation. Providing a true continuum of care, staff from home health and case management also work closely with the treatment team, patients and their caregivers, creating the smoothest possible transition from hospital to home.

“When patients are in need of musculoskeletal care, they benefit from seeing our staff of dedicated and experienced medical professionals, including fellowship-trained orthopedic surgeons and radiologists,” says Dr. Lewis. “Other services provided to patients include care for metabolic bone disease, osteoporosis and rheumatology.”

## Advanced Medical Imaging

Radiologists at Barton Health routinely collaborate with orthopedic surgeons and physiatrists at the Tahoe Center for Orthopedics, providing medical imaging services through a 1.5T MRI, a 64-slice CT scanner and X-rays.

“As radiologists, we work closely with orthopedists to quickly and efficiently obtain images of the injured body parts,” says Leonard Holmgren, M.D., radiologist on staff at Barton Health. “Primarily, we do sports imaging, as injuries of the knee and

“At the Tahoe Center for Orthopedics, patients benefit from exceptional, high-quality care generally only found at larger facilities. We provide state-of-the-art services in a small, community setting, which allows us to individualize the care that is provided to meet the needs of each patient. Our facility is very user friendly, and patients benefit from a high level of orthopedic services in their own communities without having to travel to larger institutions.”

— Keith Swanson, M.D., Program Director of the Lake Tahoe Sports Medicine Fellowship Program

shoulder are the most commonly seen conditions due to the popularity of recreational sports activities such as mountain biking, skiing and rock climbing. Our goal is to provide enhanced access to imaging and help return people to an active lifestyle as soon as possible.”

Radiologists also work with physiatrists and spine surgeons through the spine program at the Tahoe Center for Orthopedics to help address concerns, including back pain, neck pain and other spinal conditions.

“Part of the care that we provide to spinal patients is MRI services,” says Dr. Holmgren. “However, we are also involved in nonsurgical management of spinal pain, including epidural steroid injections and nerve root blocks. We also perform percutaneous kyphoplasty for patients who have spinal compression fractures or osteoporosis.”

During a percutaneous kyphoplasty procedure, a needle is injected into the damaged vertebral body. An inflatable balloon is used to restore the vertebral body to its normal height and cement is then injected into the space to maintain proper spine alignment.

### Ensuring the Best Possible Outcome

To ensure a patient’s recovery to optimal functionality following care, rehabilitative services, including physical, occupational, speech and aquatic therapy, are provided through Barton’s Rehabilitation Services, a division of the Tahoe Center for Orthopedics.

“Orthopedists at the Tahoe Center for Orthopedics will refer patients who need non-operative injury management or rehabilitation after surgical care,” says Alan Barichievich, P.T., Director of Rehabilitation at Barton Memorial Hospital. “Once referred, we perform a complete musculoskeletal evaluation to design a customized treatment plan that is then communicated back to the orthopedist to enhance collaboration.”

Michael Lewis, M.D., M.B.A., Director of the Tahoe Center for Orthopedics



Additional services offered through Barton’s Rehabilitation Services include a running program, mechanical traction and aquatic therapy, hand therapy and lymphedema management. Barton Memorial Hospital employs the only certified hand therapist on the South Shore.

The runner’s program provides footwear, orthotic assessment and video analysis to evaluate runners to help prevent injury and help them get back into shape after injury. Many therapists employed at Barton Memorial Hospital are avid runners themselves, so patients and physicians can rest assured that the program was developed by trail runners and racers who understand runners’ specific needs.

“Each therapy protocol is individually customized,” says Alan Barichievich. “We see patients of all ages from pediatric to geriatric patients, and depending on each individual’s injury and rehabilitation goal, we develop individualized, hands-on care.”

Alan Barichievich, P.T., Director of Rehabilitation at Barton Memorial Hospital adjusts a patient during therapy.



## Enhancing the Education of Other Medical Professionals

For the past 20 years, the Lake Tahoe Sports Medicine fellowship, part of the Tahoe Center for Orthopedics, has provided a sports medicine fellowship program for physicians who have completed a residency in orthopedic surgery and are seeking additional training in the area of sports medicine. Because Lake Tahoe is home to an array of outdoor activities, fellows are exposed to a high level of sports medicine cases during their fellowship training. Additionally, fellows gain experience in both academic and private practice settings.

Lake Tahoe's Sports Medicine Fellowship Program is one of 95 programs accredited through the Accreditation Council for Graduate Medical Education. This year-long program allows orthopedic surgeons to gain subspecialty expertise in the area of sports medicine. Specific areas of focus include musculoskeletal trauma of the ligaments, bones and joints.

"Through the fellowship program, training physicians become part of our orthopedic sports team and take care of everything from evaluating patients to participating in treatment, including surgery," says Keith Swanson, M.D., Program Director of the Lake Tahoe Sports Medicine Fellowship Program. "Not only does this allow us to participate in the training of another generation of physicians, but it also enhances the care provided to our patients."

Because the program is accredited, the Tahoe Center for Orthopedics is held to a higher standard in regards to the level of research and care provided to patients. Active research programs are in place, and training physicians can expect to complete more than 500 surgeries throughout the duration of the fellowship program. Located in beautiful Lake Tahoe, the location of the center can be a draw as well. A wide variety of recreational sports are available, and the Tahoe Center for Orthopedics is also proud to be the official medical provider of the United States Ski and Snowboard teams.

## A Community Resource

The Tahoe Center for Orthopedics strives to be a resource for patients and community physicians. Staff work closely

## AVAILABLE SERVICES

The Tahoe Center for Orthopedics provides comprehensive orthopedic evaluation and care for patients of all ages and skill levels. Available services include:

- + Sports medicine
- + Hand and upper extremity care
- + Joint replacement surgery
- + Medical imaging
- + Occupational therapy
- + Physical therapy
- + Bone health
- + Treatment for conditions of the spine

with referring physicians who often know their patients best, especially at the onset of care. Referrals are accommodated in a timely fashion, and inpatient and outpatient treatments are facilitated by staff to enhance patient convenience.

Weekly educational conferences are open to community physicians and the Tahoe Center for Orthopedics' medical staff. Orthopedic surgeons, primary care physicians, physical therapists and radiologists generally attend the conference, which is held at 7 a.m. on the Barton Hospital campus. At this conference, topics in sports medicine are discussed and difficult orthopedic cases are presented, which allows for education as well as increased collaboration among the treatment team.

Seminars for community members are also routinely held. Each program features a specific musculoskeletal condition and includes educational information, such as wellness, treatments and symptoms. The Tahoe Center for Orthopedics' sports medicine staff is very involved with high school sports programs as well. Through the Center's preventive care and treatment, local high school sports teams have increased access to a wide variety of medical providers, including physicians, athletic trainers and physical therapists.

"Aside from the high-quality clinical care provided, the commitment we have to our patients and our community is what makes the Tahoe Center for Orthopedics unique," says Dr. Lewis. "We are knowledgeable and respectful of each patient's goals and abilities and strive to individualize treatment plans to provide ideal outcomes for every patient." ■

For more information  
about the Tahoe Center  
for Orthopedics or to refer  
your patient, please call  
(877) 543-5554 or visit  
[tahoeorthopedics.com](http://tahoeorthopedics.com).

