

Philadelphia Hand to Shoulder Center



PHILADELPHIA
HAND TO SHOULDER
CENTER

World-Renowned Care for Hands, Wrists, Arms, Elbows and Shoulders

By A. Lee Osterman, M.D., President, Philadelphia Hand to Shoulder Center

For more than 45 years, the fellowship-trained physicians and therapists of Philadelphia Hand to Shoulder Center have provided surgical and non-surgical care and therapeutic rehabilitation for all injuries, conditions and diseases of the hand, wrist, arm, elbow and shoulder, including:

- Amputations
- Arthritis
- Birth Defects
- Bursitis
- Fractures and Dislocations
- Infections
- Joint Replacements
- Ligament Strains and Tears
- Motor Vehicle Accident Injuries
- Nerve Damage/Nerve Compression
- Soft Tissue Injuries
- Sports Injuries
- Tendon Injuries and Conditions
- Worker's Comp Injuries

A LEGACY BUILT ON PATIENT-CENTERED CARE

Sustaining a thriving, highly-specialized medical practice for more than four decades can only happen if you consistently hire the best people and provide an environment that unites advanced training, research and teamwork—all centered around state-of-the-art care and exceptional patient outcomes. The elite team of physicians, therapists, and staff at Philadelphia Hand to Shoulder Center has allowed us to grow from a single location in Center City Philadelphia to a full network of 18 state-of-the-art offices throughout Philadelphia, the surrounding suburbs, South Jersey and the Jersey shore.

We are proud to be on staff and affiliated with the leading health systems, hospitals and surgery centers in the area, including, in Pennsylvania: Jefferson Health/Methodist Hospital, Jefferson Abington/Lansdale Hospital, Temple/Jeanes Hospital, Main Line Health/Paoli Hospital, and Tower Health/Phoenixville

Hospital, as well as Crozer-Keystone Health System in Delaware and Chester Counties and Commonwealth Health and Geisinger Health in Wilkes Barre. And in New Jersey: The Wills Eye Health System, Virtua Health System, Lourdes Health System, Atlanticare Health System and Cape Regional Health Systems.

Research and innovation continue to be driving forces of our practice. Advancements in surgical and therapeutic techniques for care of the hand, wrist, arm, elbow and shoulder have been nothing short of astonishing over the past 45 years. Many of these advancements have been developed by our team of surgeons and researchers. We are extremely proud to have cultivated a unique medical practice that has stayed ahead of the curve and earned the respect of our peers, while remaining approachable to any patient who needs our skills.

HAND & WRIST

We need our hands for nearly everything we do in life. With 27 bones in the hand and 8 in the wrist, this area of the body is like no other. We specialize in expert surgical and non-surgical treatment of injuries and conditions affecting the fingers, hands, wrists and arms, including:

- Carpal Tunnel Syndrome
- Cubital Tunnel Syndrome
- DeQuervain's Disease
- Dupuytren's Disease/Contractures
- Fractures
- Ligament Injuries (including Radial and Ulnar Collateral Ligament Tears)
- Trigger Finger

ELBOW

The elbow is one of the most critical and active joints in the human body. Our physicians care for the full range of elbow injuries and conditions including:

- Cartilage Conditions, such as Osteochondritis
- Ligament Injuries, such as Ulnar Collateral Ligament Tears

- Tendon Inflammations
- Bone Spurs
- Painful Nerve Compressions

SHOULDER

The shoulder's extraordinary range of motion puts it at risk for a variety of injuries. Our physicians treat all injuries and conditions of the shoulder including:

- Adhesive Capsulitis (Frozen Shoulder) Cartilage Conditions, including Labral Tears (SLAP Tears)
- Clavicle (Collarbone) Injuries and Fractures
- Impingement/Rotator Cuff Tendinitis
- Scapula Injuries and Conditions
- Tendon Tears/Ruptures

EXPERT THERAPY AND REHABILITATION

From trauma rehabilitation to therapy for chronic conditions to sports therapy, our team of rehabilitation professionals helps people return to their daily activities and regain their quality of life. Philadelphia Hand to Shoulder Center was the first facility in the country to integrate a "One Team Approach," where the treating physician and treating therapist coordinate patient care, creating the ideal model for successful patient outcomes. At our practice, the treating physician and treating therapist collaborate throughout the entire rehabilitation process, providing comprehensive services including:

- Activity Modification
- Assistive Technology
- Comprehensive Evaluation
- Custom Splint Fabrication
- Ergonomic/Work Site Assessment
- Functional Retraining
- Physical/Functional Capacity Evaluation
- Prevention Programs
- Sports Conditioning
- Symptom Management
- Therapeutic Exercises

PROMPT, CONVENIENT SCHEDULING

With 17 specialized physicians at 18 state-of-the-art offices throughout the region, appointments are scheduled quickly near you. For comprehensive care for hands, wrists, arms, elbows and shoulders call the experts at Philadelphia Hand to Shoulder Center at **1-800-385-7472** or visit **Hand2ShoulderCenter.com** for more information. We've got you covered from fingertip to shoulder!

Pennsylvania: Center City Philadelphia • South Philadelphia • Langhorne • Willow Grove • King of Prussia • Lansdale • Limerick • Rockledge • Havertown • Glen Mills • Paoli • Exton • Wilkes-Barre
New Jersey: Cherry Hill • Sewell • Mays Landing • Marmora • Cape May Court House

1-800-385-PHSC (7472) • Hand2ShoulderCenter.com

A Unique Adventure Awaits You



Step Back In Time to the Days of Grand Splendor & Elegance



This year, make your corporate meeting or party an unforgettable event. Host your guests in one of our beautifully renovated cars or charter the whole train. We take care of all the details for a truly memorable event.

Make your reservations today



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