



TORRANCE MEMORIAL  
MEDICAL CENTER



Melanie & Richard  
Lundquist  
Tower



TORRANCE MEMORIAL  
A CEDARS-SINAI AFFILIATE

Lundquist  
Orthopedic  
Institute

# Physician Focus

# Technology, Treatments and Therapies

Our orthopedic experts use the latest technology to optimize patient care and offer a full range of leading-edge treatments and therapies, including:

-  **Arthroscopic surgeries.** Our surgeons perform arthroscopic surgery to diagnose and treat conditions of the knee, hip, shoulder and other joints through small incisions.
-  **Imaging and diagnostics.** Torrance Memorial orthopedists have access to the latest imaging systems, including MRI, CT, ultrasound and X-ray technology.
-  **Minimally invasive surgeries.** Using evidence-based surgical techniques, our surgeons perform minimally invasive procedures whenever possible to reduce the risk of complications and blood loss, returning patients to their lives and activities more quickly.
-  **Nonsurgical treatments.** Our orthopedic specialists offer a full range of nonsurgical treatments to help patients manage and recover from injury.
-  **Pain management.** Torrance Memorial orthopedic specialists and anesthesiologists use multimodal pain management strategies to reduce narcotic use, including advanced techniques such as nerve blocks and spinal cord stimulators.
-  **Physical therapy.** Torrance Memorial patients have access to comprehensive inpatient and outpatient rehabilitation services designed to quickly and safely return them to everyday activities after orthopedic surgery.
-  **Reconstruction and joint replacement surgeries.** Torrance Memorial's surgical standardization, quality and post-surgical rehabilitation excellence allow our team to offer same-day outpatient joint replacement surgeries for select patients. Same-day surgery – which may not be available at other South Bay hospitals – allows joint replacement and reconstruction patients to avoid an overnight hospital stay and recover safely at home.
-  **Revision surgeries.** Our surgeons perform revision surgeries for patients when appropriate.
-  **Robotic surgeries.** Our surgeons have access to robotic surgical technology that uses advanced imaging-based intraoperative navigation and mapping to increase implant placement accuracy.
-  **Pre-optimization care.** In partnership with Beach City Health District's Center for Health & Fitness, Torrance Memorial offers pre-surgical rehabilitation for patients scheduled to undergo total joint replacement. "Pre-hab" begins 4 - 6 weeks before surgery and is led by a medical exercise specialist who guides patients through specific exercises to help the body recover more quickly.
-  **Recovery tracking app.** Torrance Memorial orthopedic specialists use the mobile app to guide patients through their surgical journey and provide tailored patient education and activities. The app links to technology that can help physicians monitor patient outcomes.
-  **Bloodless surgeries.** Our surgeons use innovative techniques to reduce blood loss and the need for blood products whenever possible, lowering the risk of complications, reducing recovery time for patients and providing a safe surgical option for patients who do not wish to receive blood products.

# Awards and Recognition



## The Joint Commission's Gold Seal of Approval® for Advanced Total Hip and Knee Replacement Certification

Torrance Memorial Medical Center has demonstrated continuous compliance with The Joint Commission's rigorous performance standards. The Gold Seal of Approval is a symbol of quality that reflects a health care organization's commitment to providing safe and quality patient care.

## 2021-22 U.S. News and World Report High Performing Hospital

- Orthopedics
- Knee replacement
- Hip replacement



## Blue Distinction Center – Blue Shield

- Knee and hip replacement
- Spine surgeries



Torrance Memorial has the third largest orthopedic program in Los Angeles County and has received numerous recognitions for excellence and quality over the past three years.

# Orthopedic Expertise and Subspecialties

Torrance Memorial Lundquist Orthopedic Institute offers a full range of inpatient and outpatient orthopedic services, conveniently available in the South Bay.

## Our services include:

- **General orthopedics.**  
Our program provides patients with comprehensive musculoskeletal care, including imaging and diagnostics, nonsurgical treatment, surgical treatment, pain management and rehabilitation.
- **Foot and ankle.**  
Our team delivers advanced care for the bones, ligaments and tendons in the feet and ankles.
- **Knee.**  
We offer the latest minimally invasive and robotic surgical options for knee replacement surgery, which may result in increased surgical accuracy, less blood loss, and reduced post-surgical swelling and pain.
- **Hand and wrist.**  
With the addition of a new hand surgeon, Torrance Memorial is expanding the availability of hand and wrist treatment in the South Bay.
- **Shoulder, elbow and upper extremity.**  
We offer a range of treatments for shoulder, elbow and upper extremity injuries, including shoulder replacements and revision surgeries.
- **Neck, spine and back.**  
Torrance Memorial's orthopedic spine surgeons, along with Cedars-Sinai neurosurgeons, offer the latest treatments for back, neck and spine conditions.
- **Hip and pelvis.**  
Torrance Memorial performs the highest volume of joint replacement surgeries in the South Bay and has earned the Joint Commission's Gold Seal of Approval® for Advanced Total Hip and Knee Replacement Certification.
- **Sports medicine.**  
From elite athletes to weekend warriors, our orthopedic specialists treat all types of sports-related injuries so athletes can get back in the game.
- **Trauma and fracture.**  
Standardized emergency treatment protocols developed by orthopedic surgeons, anesthesiologists and Emergency Department physicians promote improved pain control, reduced opioid use, reduced need for blood products and enhanced treatment outcomes.

# Lundquist Orthopedic Institute by the Numbers



## Over 4,000 orthopedic procedures completed at Torrance Memorial Medical Center per year

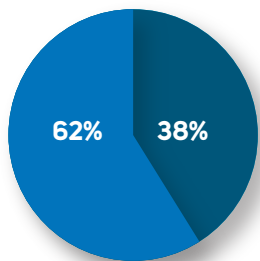
- 250** Emergent hip fracture procedures
- 300** Shoulder, wrist, elbow, ankle procedures
- 400** ORIF procedures
- 600** Spine procedures
- 700** Arthroscopic procedures
- 1200** Hip and knee procedures
- 52%** Of orthopedic procedures in 2020 performed outpatient

Data from 2021 Discern™/Cerner®



## Robotic Hip And Knee Procedures In 2021

Robotic hip and knee procedures increased **145%** from **2019** to **2020** offering more precise mapping accuracy.



- Non Robotic Hip and Knee Procedures
- Robotic Hip and Knee Procedures

Data from 2021 Discern™/Cerner®

## Patient Reported Outcomes Measures (PROM)



### Knee PROM: pain scores

- Post-op patients report a **44%** improvement in their pain management scores after **one year**.



### Hip PROM: pain scores

- Patients report a **30%** improvement in pain score **six weeks** post-op, and **71%** after **one year**.



## Orthopedic navigators call 100% of post-operative total joint patients

**61%** of patients utilize a digital app to provide support through every step of the preparation and recovery from their surgery journey.

2021 Data from Stryker®



## Pre-op optimization total hips and knees

Pre-surgical rehabilitation days have more than tripled from **2.5** in **2019** to **8.59** in **2021** to help patients recover more quickly, possibly reducing the length of hospital stay and downtime after surgery, and optimizing surgical outcomes.

Data from 2021 Discern™/Cerner®

# Lundquist Orthopedic Institute

## Message from the Co-Management Leadership Orthopedic Team:

At Torrance Memorial Lundquist Orthopedic Institute, our team prides itself on providing comprehensive orthopedic care close to home for residents of the South Bay. We offer everything from diagnostics and nonsurgical care, to complex surgeries and rehabilitation.

As one of the largest orthopedic programs in Los Angeles County, our breadth of services and outstanding outcomes have resulted in numerous recognitions, including The Joint Commission's Gold Seal of Approval® for Advanced Total Hip and Knee Replacement Certification and the 2021 - 22 *U.S. News and World Report* High Performing Hospital designation in orthopedics, knee replacement and hip replacement.

By using the latest minimally invasive and robotic surgical techniques and technology – and incorporating innovative pre-surgical optimization, pain management and recovery strategies – our program can provide highly reliable, standardized, orthopedic care with an enhanced patient experience and optimal surgical results.

These innovative surgical techniques also enable us to reduce blood loss during orthopedic procedures and contribute to an increase in the number of bloodless procedures we perform, limiting the need for blood products, lowering the risk of complications and speeding up recovery time for patients.

Although there are many options for orthopedic care in Los Angeles County, patients in the South Bay need look no further than Torrance Memorial Medical Center for comprehensive, high-quality, orthopedic care.

### The Lundquist Orthopedic Institute Leadership Team

*John Andrawis, MD, Randolph O'Hara, MD, Kenneth Park, MD, Don Sanders, MD, Todd Shrader, MD, Nick Silvino, MD, Donald Striplin, MD, Derek Bertz, Senior VP, Chief Admin Officer, Shanna Hall, VP Nursing*



### Spotlight

- Torrance Memorial Lundquist Orthopedic Institute offers a full range of orthopedic services for South Bay residents close to home.
- The Institute offers innovative pre-surgical optimization, physical therapy, surgical, nonsurgical, pain management and recovery care.