# WELCOME

Welcome to Montefiore St. Luke's Cornwall Orthopedic Services.

The Montefiore St. Luke's Cornwall Orthopedics Community is dedicated to providing for the comprehensive orthopedic needs of the Hudson Valley. In conjunction with primary care and orthopedic physicians, the MSLC Orthopedics Community uses a team approach to diagnose, treat and alleviate joint pain.

Restoring quality of life for residents of the Hudson Valley region is the goal.



# **LOCATIONS**

#### **Crystal Run Healthcare**

Middletown, Monroe, Newburgh & New Windsor (845) 703-6999 (Middletown) (845) 561-8060 (Monroe & New Windsor) (845) 725-0100 (Newburgh) www.crystalrunhealthcare.com

> Wasik Ashraf, DO Esteban Cuartas, MD Gina Del Savio, MD Matthew Gordon, MD Barry Hyman, MD Enrique Sanz, MD John M. Uhorchak, MD Kimberly Farrugia, PA-C Krystal Pohl, RPA-C, ATC

## **Orthopedic Associates of Dutchess County**

Cornwall, Hopewell Junction, Kingston & Rhinebeck (845) 534-5768 www.orthoadc.com

John McLaughlin, MD Kenneth K. Rauschenbach, DO Courtney Tosi, RPA-C, ATC

FOR MORE INFORMATION, **PLEASE CALL (845) 568-2831** 

www.MONTEFIORESLC.org







**M**ontefiore

St. Luke's Cornwall

# ORTHOPEDIC **SERVICES**



**70 Dubois Street** Newburgh, NY 12550 (845) 568-2831

www.MONTEFIORESLC.org







## ORTHOPEDIC SPECIALTIES

#### **Sports Medicine**

Physical fitness, treatment & prevention of injuries related to sports and exercise.

#### **Foot & Ankle**

Sports injuries, trauma-related fractures, bunions, Achilles tendon disorders, arthritis, pediatric foot and ankle conditions (clubfoot, flat feet).

#### Hand

Surgical or non-surgical treatment of conditions or problems that take place from the tip of the hand to the shoulder such as infection, traumatic injury, carpal tunnel syndrome or arthritis.

#### **Spine**

Surgical and non-surgical treatment of the cervical, thoracic and lumbar regions of the spine; areas of focus include spinal fusion, disc herniations, lumbar stenosis, spondylolisthesis as well as teenage and adult scoliosis.

# ORTHOPEDICS COMMUNITY

The Montefiore St. Luke's Cornwall Orthopedics Community offers a wide range of resources to our patients.

#### **Hourly or Live-In Companions**

Available to patients for non-medical services that include: housekeeping, laundry, shopping, meal preparation, companionship, bill paying, mail management, escorts to medical and social functions, and overall safety monitoring.

#### **Don't Go Home Alone Companions**

Ensure the expedient and safe discharge from the hospital; Services provided include: escorting patients home, picking up medication from the pharmacy, preparing meals, and general patient stabilization at home.

#### **Respite Care**

Accessible for short-term relief of a family caregiver for weekend care, or when the normal family caregiver is unavailable to provide the patient care.

## HOSPITAL INFORMATION

Phone ......(845) 561-4400 Web Site ......www.montefioreslc.org

## **Parking**

The garage at our Newburgh campus makes parking convenient, safe and secure. Located right on Dubois Street, the garage is connected to the hospital by an enclosed pedestrian bridge. Self-service pay stations are located on the first and third levels of the garage. Valet parking is also available at the front entrance of the hospital for a flat fee of \$5 per day. The valet service is open from 6 a.m. - 9 p.m. Monday through Friday and 8 a.m. - 4 p.m. on weekends and holidays. When arriving for your procedure, have the person driving you utilize the valet service. They will be given a voucher to cover the normal parking fee.

#### **Directions**

From New Paltz and points North: Take I-87 South toward New York City. Use the I-84 exit, Exit 17, toward NY-300/NY-17K/Scranton/Newburgh. Merge onto I-84 East toward Danbury. Take the US-9W/NY-32 exit, Exit 10, toward Newburgh/Highland. Turn right onto North Robinson Avenue/US-9W South/NY-32. Turn left onto South Street. Take first right onto Dubois Street.

From Fort Montgomery and points South: Follow US-9W North. Turn right on Broadway/NY-32/NY-17K. Turn left on Dubois Street.

From Fishkill and points East: Merge onto I-84 West/NY-52 West toward Newburgh/Newburgh Beacon Bridge. Take the NY-32 exit, Exit 10S, toward Newburgh/US-9W S/Mount Saint Mary College. Merge onto N Plank Rd/NY-32 toward Newburgh/West Point. Turn right onto Route 9W/US-9W S/NY-32. Continue to follow US-9W S/NY-32. Turn left onto South Street. Take the 1st right onto Dubois Street.

From Middletown and points West: Merge onto I-84 East toward Newburgh. Take the US-9W/NY-32 exit, Exit 10, toward Newburgh/Highland. Turn right onto North Robinson Avenue/US-9W S/NY-32. Turn left onto South Street. Take the 1st right onto Dubois Street.



# **CENTER FOR JOINT REPLACEMENT**

#### **Total Hip Replacement**

Involves removing the diseased hip joint and replacing it with an artificial joint, called a prosthesis; Implants used in hip replacement surgeries are designed to be accepted by your body and are made to resist corrosion and wear.

## **Total Knee Replacement**

Can help relieve pain and restore function in severely diseased knee joints. Artificial joints are made of metal alloys, high-grade plastics and polymers that come in a wide variety of designs that take into account age, weight, activity level and overall health.

## **Total Shoulder Replacement**

Problems can arise from either chronic wear or sudden injury. Different types of shoulder conditions include: Rotator Cuff damage, Tendonitis and Bursitis. In some cases, such as advanced arthritis of the shoulder, a shoulder replacement is often recommended.