

# HAND, ELBOW & SHOULDER CENTER

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Welcome to UW Medicine's Hand, Elbow & Shoulder Center. We pledge the following to our patients:

- We will listen earnestly to your concerns.
- We possess the broadest range of expertise in non-operative and surgical treatment of all upper extremity conditions.
- We will work with you to develop an individualized treatment plan and monitor your outcome.

## Who we are

Our team includes specially trained highly experienced orthopedic and plastic surgeons, rehabilitation medicine physicians and physical and occupational therapists. We each have significant experience in treating complex injuries and chronic conditions that affect your body, from the shoulder to the fingertip. We comprehensively treat musculoskeletal, peripheral nerve and skin conditions. In doing so, we apply technological innovations and an advanced knowledge of therapies that yield the best outcomes – understanding brought about by research at the University of Washington and other leading institutions.

We work closely with colleagues in rheumatology, neurology and other areas, but always keep you, the patient, at the center of the team.

## How we help you

Our goal is to return you to full function and the activities you love: enjoying the outdoors, athletics, hobbies, family activities, travel and work. Our multidisciplinary approach allows us to provide the most appropriate care for your needs.

We provide excellent, efficient medical care by developing treatment plans that best fit individual patients' conditions, desires and lifestyles. In treating acute and chronic conditions, injections and surgeries are often appropriate – and our surgeons are top-notch, specializing in techniques to repair joints, reconstruct



arms with damaged nerves and tendons, and in using tissue transfers to replace lost form and function. Typically, however, we approach patients conservatively, considering exercise, improved body mechanics, physical therapy and medication as mainstays of rehabilitation.

We respect our patients and appreciate their willingness to actively participate in decisions affecting their care. We partner with patients to develop therapy and exercise regimens designed to develop the fullest, speediest possible recovery.

We are eager to share what we know about your injury or condition. In our experience, patients who understand their conditions – and why we recommend specific treatments – adhere better to therapy recommendations and generally have more successful outcomes and recoveries.

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For referral or appointment call the UW Medicine Contact Center at 206.520.5000.

When it comes to healthcare, people have the opportunity to select from multiple providers, and we strive to make that choice easier by providing excellent access to exceptional care.

#### Common Upper extremity conditions:

- Fractures and problems resulting from injuries
- Tendon, ligament and joint problems (i.e. Trigger finger, Dupuytren's contracture, wrist/elbow/shoulder instability)
- Arthritis and loss of joint movement
- Nerve entrapments and injuries (i.e. Carpal tunnel, cubital tunnel, brachial plexus)
- Deformity and tumor surgery

#### Common Procedure Types:

- Arthroscopy (i.e. Minimally invasive wrist, elbow, shoulder surgeries and endoscopic carpal tunnel release).
- Joint replacement reconstruction and revision surgeries (i.e. arthritis thumb, wrist, elbow, shoulder).
- Nerve injury repair and reconstruction surgery (for any nerves between fingers to brachial plexus)
- Releases of contractures and stiff joints (i.e. Dupuytren's contractures, hand/wrist/elbow contractures and frozen shoulders)
- Joint function recovery and rehabilitation

#### Diagnostic procedures offered at our locations:

- Ultrasound for diagnosis and treatment
- Electrodiagnostics
- Strength and functional testing
- Radiographs and CT scans
- MRI scans



#### **Our locations:**

Eastside Specialty Center  
Harborview Medical Center,  
6th Floor, Ninth & Jefferson bldg.  
Northwest Outpatient Medical Center,  
Suite 270  
UW Medical Center-Roosevelt,  
2nd Floor