

CMC's

Joint Replacement Center

Designated as a

Blue Distinction® Center
for Knee and Hip Replacement



South Carolina

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Winter 2014

Path to Wellness

Lynne French had total knee replacement surgery in April at The Joint Replacement Center at CMC, and after completing her post surgical regimen with CMC's rehabilitation team and getting released by Dr. Ramsey, she joined CMC's new Path to Wellness Program to continue her recovery independently.

"I have just finished Phase Three, but I must tell you that I am a 'newbie' at the gym and was a little apprehensive about using all the equipment. Robin, my personal trainer, put me at ease by creating an individualized program just for me that not only targeted my knee, but a full body workout. Phase One was an introduction to the machines, stability, stretching, and proper body mechanics. Phase Two adds some balance exercises and Phase Three puts an emphasis on bending, balance and independence with an understanding of all the exercises," Lynne explained. "Included in the Path to Wellness program is a massage with each 4-week session and unlimited access to the Wellness Center and pool. Also, by joining after your surgery and recovery, the registration fee is waived. What could be better!" Lynne stated.

"So far I found I CAN push myself to get those 2 sets done, I feel better AND I've gone from a size 'wonderful' to a size 'great!' My goal upon having surgery was to be able to get back riding the trike and sightseeing the places I have yet traveled to. With the combination of 'my new knee and me,' physical therapy and The Path to Wellness program, I was able to have a great motorcycle riding adventure to the mountains of North Carolina. A BIG thanks to everyone who was involved in developing such a wonderful program! I highly recommend it to anyone having the opportunity to join," stated Lynne.

Conway Medical Center's Path to Wellness offers individualized exercise programs for patients discharged from Physical Therapy at CMC Outpatient Rehab. This program provides a supportive environment in which to continue exercising and reaching ones personal fitness goals.



Ask the Expert Seminars

Join us for an upcoming seminar on the latest advances in joint replacement including the anterior approach to hip replacement, total and reverse shoulder replacement, and new pain management protocols after knee replacement. Fellowship trained surgeons will discuss treatment options as well as answer any questions you might have.

Arthritis & the Latest Advances in Joint Replacement

Presented by Dr. Ramsey

Tuesday, January 13

12:00 Noon

Tuesday, March 24

12:00 Noon

Presented by Dr. Tupis

Wednesday, Feb. 18

12:00 Noon

Registration is required. Please call 347.8108 to register or obtain more information.

For more information about the Joint Replacement Center at CMC, please visit us at www.conwaymedicalcenter.com or call our Director at 843.234.6834.

Leading the Way Education Is Key

Education has always been a key focus of the Joint Replacement Center – from educational seminars offered prior to joint replacement surgery to post surgery education on the recovery process, the Joint Replacement team at CMC does all that we can to ensure our patients know what to expect before, during and after joint replacement surgery.

In addition to educating our patients on the joint replacement process, Dr. Peter Ramsey also educates and instructs other orthopedic surgeons on the anterior approach to joint replacement through lectures, technique lab demonstrations and on-site procedure observations at CMC. In fact, Dr. Ramsey and The Joint Replacement Center at CMC is the only approved Deputy surgeon visitation site in South Carolina.

Our commitment to education and quality outcomes defines our program. The Joint Replacement Center at CMC is leading the way in knee, hip and shoulder replacements.

Team Spotlight

Shannon Kipe, RN & Sherri Thompkins, RN



For Shannon Kipe and Sherri Thompkins, providing comfort and immediate care to joint replacement patients before and after surgery is a rewarding experience. In Conway Medical Center's Post Anesthesia Care Unit (PACU) they prepare patients for their procedures, help reorient them post-surgery, monitor vital signs, and help manage their pain. They agree that the one on one interaction

and personalized care they give are the best parts of what they do. "This is a big life event and scary for many. We help provide the calming reassurance they need and do all we can to make them comfortable," stated Shannon.

Shannon and Sherri have followed similar paths in their personal and professional lives. Raised in Horry County, both are married and have two children. After attending HGTC to become RNs their careers led them to CMC. When asked what sets CMC apart from other medical facilities Sherry said, "Our doctors are the best at what they do and they genuinely care. Our patients are treated like family." Shannon added, "There is a warm, friendly, family atmosphere here. Everyone loves what they do." Through their compassionate patient care in PACU, Shannon and Sherri truly exemplify the CMC culture they described.

Joint Replacement Reunion Picnic

Our 2014 Joint Replacement Reunion Picnic was a huge success. Many thanks to all who attended and shared their "Enjoying Life Again" stories. We look forward to seeing you next year!



The Joint Replacement Center



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