

OUTCOMES 2022

Orthopedic & Spine Report



Ortho

Joint

Spine



PALOMAR MEDICAL CENTER POWAY HAS EARNED THE JOINT COMMISSION'S GOLD SEAL OF APPROVAL FOR TOTAL HIP AND KNEE REPLACEMENT

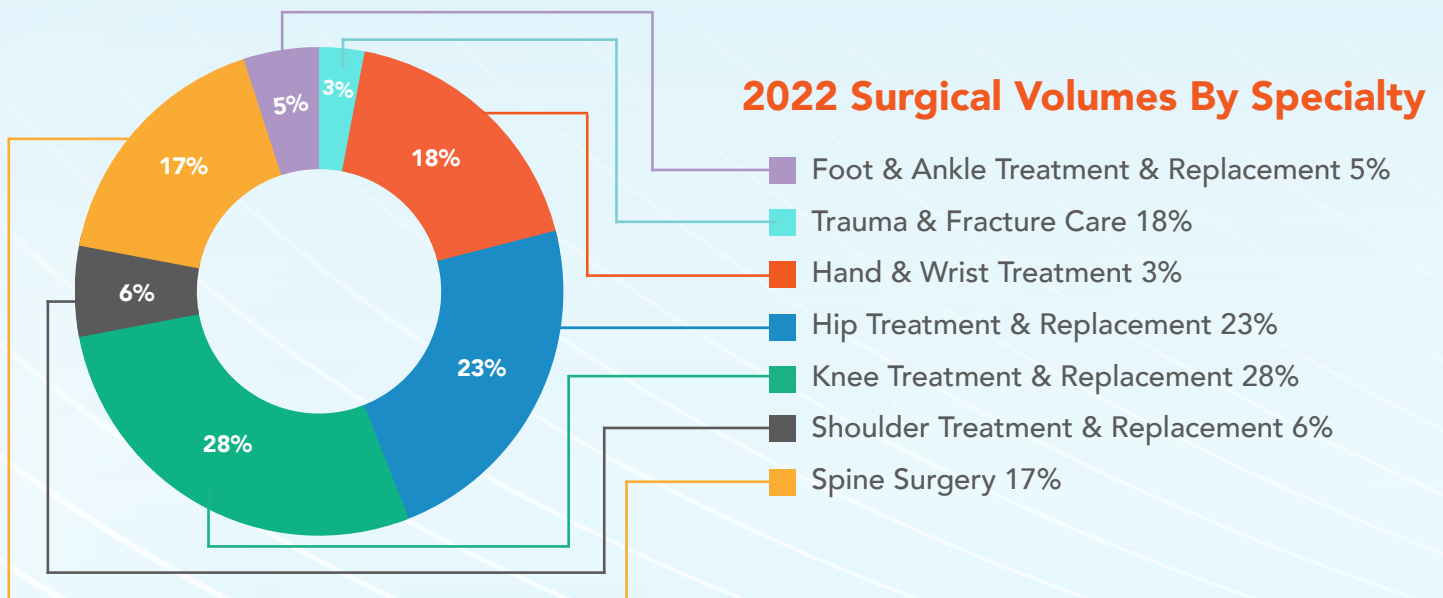
PALOMAR HEALTH®

Reimagining Orthopedic & Spine Care

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INTRODUCTION

Orthopedic and Spine Outcomes Report

Southern California is the epicenter for orthopedic and spine excellence. That's why we are proud to be the only San Diego County hospital to be named America's 100 Best for Spine, Orthopedic and Joint Replacement. We are also proud that Palomar Medical Center Poway earned the Advanced Accreditation for Hip and Knee Replacement by the Joint Commission, the highest standard in the industry. As a high-volume surgical institution that constantly stays at the forefront of excellence, Palomar Health also recognizes excellent care being provided at other health systems across the region. That's what drives us to keep improving.

Centers of Excellence

Palomar Health performed over 1,500 Total Joint and Spine procedures in 2022. Preparing patients for elective surgery remains a primary goal, especially as the teams have adapted to changing protocols brought about by the pandemic. This includes ensuring patients are at their best health prior to surgery and are educated about their care journey. Our Enhanced Recovery and Pain Control Protocols ensure early mobilization, better pain control and more rapid care transitions and discharges. Many patients are ready to go home same-day, and most patients experience a full return to function within the first year.

While we serve a large patient population, each patient that puts their trust in us deserves to be our top priority. That's why we've developed a Center of Excellence (COE) model of care for patients with hip, knee, shoulder and spine disorders. Each COE focuses on a specific patient condition, and is designed around the needs of the patient, including education, pain control, rapid recovery and rehabilitation.

Palomar Health Hospital's Provide:

- Dedicated physicians and staff members
- High-quality patient outcomes
- Personalized care at every step of the journey
- Faster recovery and less pain

Members of our COE's constantly challenge each other to improve. We rely on intensive data collection to fine-tune our treatment pathways and ensure we are continuously improving.

Palomar Health specializes in a spectrum of procedures, including common procedures, such as total joint replacement and spinal decompression. Our skilled surgeons also address complicated issues like hip fractures and perform more intensive operations such as joint revision surgery and complex spine surgery.

AWARD-WINNING ORTHOPEDIC & SPINE CARE

Consistency is the Key to Excellence in Healthcare

7 Years in a Row



Palomar Health's Orthopedic and Spine Center at Palomar Medical Center Escondido ranks among the top 2% of hospitals in the nation for overall orthopedic services by Healthgrades.

U.S. News & World Report

To help patients decide where to receive care, U.S. News & World Report evaluates data on nearly 5,000 hospitals in 15 adult specialties, 20 adult procedures and conditions, and 10 pediatric specialties. A hospital must excel in caring for the sickest, most medically complex patients to be nationally ranked in a specialty. Palomar Health has been recognized for both knee replacement and hip replacement.



Leading the Way Through Innovative Care and Exceptional Outcomes, Year After Year



Total Joint Replacement

- Palomar Medical Center Poway earned the Joint Commission's Gold Seal of Approval® for advanced total hip and total knee replacement.
- Educational content for patients preparing for Joint Replacement Surgery is now available in Spanish and English versions.
- Started a pilot program in Palomar Medical Center Poway at discharge where patients get a detailed list of medications to take home, including details about the last dose given, and the next expected dose.
- On average, patients who have an elective total joint at Palomar Health report almost a full return to function one year after surgery (measured using HOOS Jr and KOOS Jr.)

Spine Surgery

- Performed our 100th robotic-assisted spine fusion since implementing the program in July 2020, saving an average of 17 surgical minutes per fusion.
- Palomar Health ranks one of the Top 5 Hospitals in the State of California among the Top 2% in the Nation for Spine Surgery! This includes a readmission rate of 2.9%, a full standard deviation below the national rate of 3.8%
- On average, patients who have a spinal fusion at Palomar Health go from 'Severe Disability' to 'Minimal Disability' within the first year after surgery based on Oswestry Disability Index responses from 385 patients.

Across the District

- Palomar Medical Center Escondido was the only hospital in San Diego County to achieve 100 Best Hospitals for orthopedic surgery, joint replacement surgery and spine surgery for the third year in a row.
- Enrolled 1,050 new patients in our Online CarePath mobile app for patient education and Patient Reported Outcome Data Collections.
- 98% of patients reported feeling prepared the day prior to their elective surgery.
- In 2022, Palomar Health hosted our 9th Annual Orthopedic and Spine Symposium. This was the first in-person symposium since 2019.

ABOUT OUR

Clinical Advances Driving Demand Across the Generations

31-98

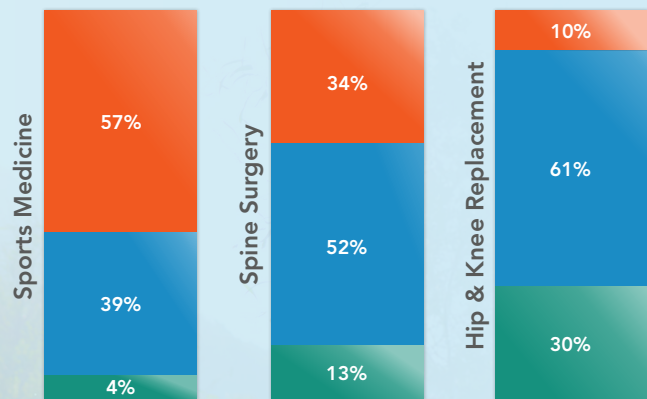
Age Range of Palomar Health's elective Total Joint Patients in 2022

Baby Boomers are the most common generation cohort for orthopedic and spine surgery. However, minimally invasive surgical techniques have opened the door for younger patients to have surgery without a lot of downtime and have given older patients the option to return to a higher quality of life.

7 Millennials

Had a Joint Replacement with Palomar Health in 2022

Surgery Type By Generation



Gen X or Younger (Under Age 57)

The most likely generation to need surgical repair of a sports injury. Minimally invasive surgical techniques have opened the door for this generation to have more complex spine surgery and joint replacements without a lot of downtime.

Baby Boomers (Age 56-76)

The most common generation cohort for most orthopedic and spine specialties, especially joint replacement and spine fusions.

Silent Generation and Older (Age 77+)

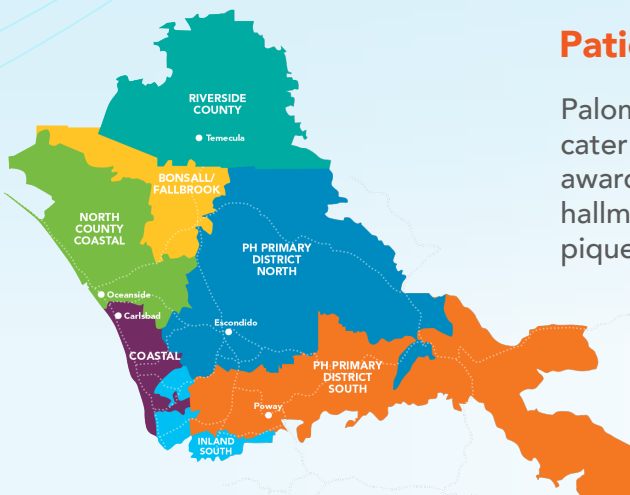
Improved surgical techniques offer less risk of complications, so patients can get back on their feet as soon as possible. This is the fastest growing segment requiring joint replacement, and the most common generation for fractures resulting from a fall.

**Gen X Turns 50
AND ARE NEEDING
NEW HIPS AND KNEES!**

In 2022, 11% of joint replacement surgeries performed at Palomar Health were from Gen X

PATIENTS

Serving the North County Community and Beyond



Patient Locations

Palomar Health's delivery system is strategically designed to cater primarily to the North County population. However, our award-winning Orthopedic and Spine Center, distinguished by its hallmark of excellence, has garnered nationwide acclaim and piqued the interest of healthcare professionals and patients alike.

In 2022, over 7,000 patients were treated at a Palomar Health facility for their orthopedic and spine care.

Patients from Around the U.S. Travel to Palomar Health for Orthopedic and Spine Care

DID YOU KNOW THAT

40%

of our patients traveled to a Palomar Health facility from outside our district, including several who came from outside San Diego County to have their surgery?



**From Anchorage, AK, Jupiter, FL, Haleiwa, HI, Auburn, ME
...and as far away as the Netherlands!**

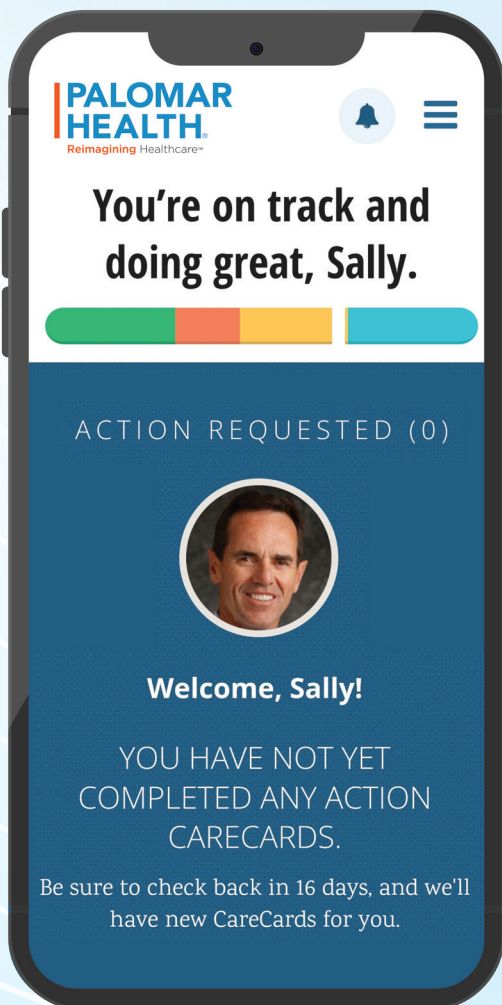
STEPS TO A SUCCESSFUL SURGERY

Resources for Patient Empowerment: Take Control by Being Prepared



Preparing for Surgery

Our goal at Palomar Health's Orthopedic and Spine Center is to improve your quality of life, increase your mobility and make your care experience as easy as possible.



Online CarePath

Palomar Health offers Online CarePath, a custom roadmap to get patients prepared and organized for surgery and recovery.

Patients can interact with their care team about their health, from sleeping and eating, to pain control. Palomar Health specialists can reply with recommendations, making patients feel confident and educated throughout their entire procedure.

3,480 Patients have completed their Online CarePath journey.

Patient Testimonials

"I have enjoyed all the information that has been provided by the CarePath program, touching base on ALL the information needed for the benefit of the patient. I am a firm believer in, "Knowledge is Power!" I do not feel as apprehensive about my upcoming surgery!"

- A Grateful Hip Replacement Patient

"The online CarePath and the Joint Replacement Surgery Patient Guide Book have helped me a lot! The facts provided, Pre-Op Therapy and Post Surgical Care, gave me very clear instructions. The program assisted me through my knee surgery and recovery path smoothly. I felt very confident, it's great peace of mind."

- A Grateful Knee Replacement Patient

Feeling Prepared for Surgery can Help Ease a Patients Anxiety

That's why our team has designed an Online CarePath that keeps you and the rest of your care team connected and moving toward the same goals.

Your Best Health Before Surgery

Avoid surgery until all other conservative treatments have been exhausted. Minimize health factors that increase your risk for potential problems after surgery.

Patient Education

Attend a pre-operative class taught by our specialized nurses. Engage with your personalized Online CarePath. A nurse is available to assist you with any questions or concerns.

Enhanced Recovery and Pain Control

Our multimodal pain control reduces reliance on opioids. Anesthesia protocols reduce medication side effects including nausea. Pre-surgery hydration helps you feel better after surgery.

Advanced Surgical Techniques

Minimally invasive surgical techniques allow for faster recovery, a shorter hospital stay and fewer complications. Shorter surgical times reduce blood loss and risk of infection.

Early Mobilization

You'll often walk the same day as surgery to speed up recovery and improve range of motion. Our physical and occupational therapy team will guide you at every stage from hospital, to home, to one of our outpatient clinics.

Care Transitions and Handoffs

Coordinated care is the key to getting you home faster. We work to engage you and your caregiver so you feel supported at home. Home wellness programs, home visits, nurse check-ins, online surveys and follow-up visits are all designed to keep you on track.

Percentage of Total Joint and Spine Patients That Felt Prepared for Surgery



■ Palomar Medical Center Escondido Patients



■ Palomar Medical Center Poway Patients

Higher is Better! (Goal: >95%)

DID YOU KNOW?

That modifiable risk factors such as obesity, MRSA colonization, vitamin D deficiency, smoking, diabetes melitus and malnutrition, can lead to longer hospital stays and increased risks of cardiovascular complications, reoperations and infections.

That's why Palomar Health spends time preparing our patients and optimizing them for a successful elective surgery. Many times, our interventions are relatively inexpensive self-directed lifestyle changes, and/or nutrition coaching.

EDUCATION & COMMUNITY EVENTS

Educating Our Industry to Provide World-Class Patient Care



As leaders in the orthopedic and spine industry, our world-class team of experts is committed to educating our staff and the community.

2021 was our 8th Annual Orthopedic & Spine Symposium! Although it usually looks and feels very different (in-person event with food and games), we're grateful for the 100+ nurses and therapists who joined our virtual event on October 28th. We chose "Charging Forward" as 2021's theme. Fueled by our commitment to making a positive difference in the lives of our patients, we will continue to charge forward, providing award-winning care.

We covered a variety of relevant, innovative topics including:

- Robotic Spine Surgery
- Minimally Invasive Spine Surgery
- Advances in Artificial Disc Replacement

Thank You to Our Generous Sponsors



2022 was our 9th Annual Orthopedic & Spine Symposium!

We were thrilled to come together at Palomar Medical Center Escondido's new Conference Center to celebrate the accomplishments of our Orthopedic Teams. Our 2022 theme, 'Ortho Spine Reimagined,' reflects our steadfast commitment to positively impacting the lives of our patients. Through a complete transformation of Orthopedic & Spine care, we take pride in achieving national recognition for exceptional results.

Thank You to Our Generous Sponsors



TOTAL JOINT REPLACEMENT

Palomar Health is the Top Knee and Hip Replacement Destination in North County San Diego

The Palomar Health Orthopedic and Spine Center has ranked in the top 2% of U.S. hospitals for eight years in a row (2016-2023) by Healthgrades. With our orthopedic surgeons' pioneering efforts, surgical best practices and ability to improve pain, our patients experience rapid recoveries.

As a leader in total joint replacement, Palomar Health provides the following to every patient:

- State-of-the-art facilities equipt with minimally invasive surgery options
- Pre-operative educational classes to give you the tools you need throughout your journey
- A personalized joint replacement therapy plan with customized recommendations from your surgeon
- Clinical support every step of the way, including pre-operative tests, surgery, therapy and home recovery

How Soon Can I Get Back to Everyday Activities After Surgery?

In addition to reducing arthritis pain, hip and knee replacement surgery helps people live independently and return to the activities they enjoy. At Palomar Health, we try to answer the most common questions people have about returning to normal activities. Since everyone's progress might be slightly different, do NOT attempt these activities without consulting your surgeon first.

Post Op - Week 3

You can:

- Ride a Stationary Bike
- Shower
- Take the Stairs

Avoid:

- Lifting
- Vacuuming
- Tennis



Week 3 - Week 8

You can:

- Do Light Yardwork
- Sleep on Surgical Side
- Air Travel < 1-2 hours

Avoid:

- Swimming
- Jogging
- Golfing



Reducing Patient Falls

Palomar Health finds the right balance between helping patients quickly regain mobility after surgery and protecting them from falling.

Patients should never fall in the hospital. Patients also need to quickly regain their mobility after surgery. In order to balance these two goals, Palomar Health has built a culture that encourages safe mobility in the hospital. These healthy habits follow the patient back to their home, ensuring their recovery goes smoothly.

275

THE NUMBER OF STEPS OLDER PATIENTS
NEED TO WALK IN THE HOSPITAL TO
PREDICT A BETTER OUTCOME

DID YOU KNOW?

Decades ago, physicians prescribed bed rest after a joint replacement. However, some patients still got up and tried to walk a day or two after surgery. To many people's surprise, those patients often did better. That lesson has stayed with us, and now, our goal is to get every patient walking the day of surgery!

2 Months - 6 Months

You can:

- Bowl
- Swim
- Dance

Avoid:

- Skiing
- Jogging
- Motorcycle Riding



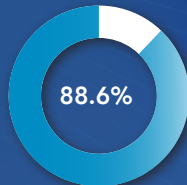
6 Months - 1 Year

You should be able to do
any low-impact activities you like!



2022 TOTAL JOINT REPLACEMENT OUTCOMES

Percent of Patients Discharged on the Day of Surgery, or the Next Day



Palomar Health

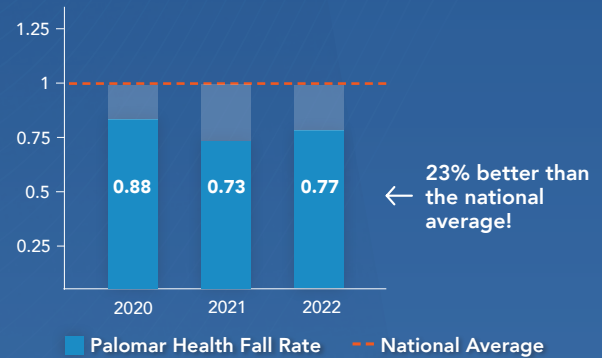
Why Is This Important?

Patients are meeting their therapy goals faster. Our lower length of stay means our patients met their therapy goals and are ready to go home faster. This reduces their chances of a complication, like infection.

What is the ideal amount of time to spend in the hospital after a Total Joint Replacement? A decade ago, patients spent an average of 3.5 days in the hospital. Now our average length of stay is about 1.5 days, with most patients walking on the day of surgery. At the same time, other important quality metrics have improved, indicating we are moving at the right pace. With one night in the hospital, patients benefit from time with their nurse to ask questions, as well as several dedicated sessions with their rehabilitation team, before returning home.

In 2012, patients had a 3.5 day hospital stay. Today, it's less than 2 days, with better patient outcomes.

National Expected Fall Rate (Per 1,000 Bed Days)

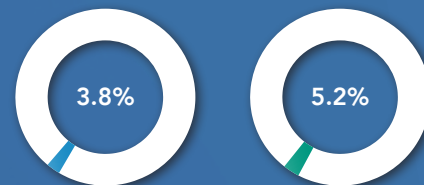


Lower is Better!

Why Is This Important?

Palomar Health patients consistently outperform the national average in the area of expected fall rates. Rapid rehabilitation and smart patient care practices ensure our patients feel strong and stable.

Percent of Patients with an Emergency Department Visit Within 30 Days



Palomar Health

Other Hospitals

Lower is Better!

Why Is This Important?

The road to recovery should be free of setbacks. Every member of our team plays a role in reducing the likelihood of a patient needing to return to the hospital. To achieve these low rates, we focused on patient safety after discharge and improved handoffs from the hospital to the home caregivers.

Very few ED visits after surgery are actually related to the surgery itself. The COVID-19 pandemic had a significant impact on emergency rooms in 2021, as well as the prevalence of other chronic diseases, like heart disease, stroke and diabetes.

*Other hospital data is based off a comparison group of over 1,100 hospitals.

Palomar Health Named Among the Top 2% in the Nation for Joint Replacement 8 Years in a Row (2016-2023).

Patients treated at hospitals that received this award have a **64.5% lower risk of experiencing a complication while in the hospital** than if they were treated in hospitals that did not receive the award.



“ I have enjoyed the information that has been provided by the CarePath program, touching base on ALL the information needed for the benefit of the patient. I am a firm believer in, “Knowledge is Power!” I do not feel as apprehensive about my upcoming surgery. ”

- A Grateful Knee Replacement Patient

HIP REPLACEMENT



Your Long-Lasting Solution to Pain Relief

A healthy hip joint lets you walk, squat and turn without pain. Cartilage in the hip joint can become worn down, causing severe pain and stiffness. Thankfully, total hip replacement surgery, or hip arthroplasty, is one of the most common and effective forms of orthopedic surgery at Palomar Health, resulting in excellent outcomes.

What to Expect as a Hip Replacement Patient

Palomar Health's Orthopedic and Spine Center offers the expertise and experience of sub-specialty trained **orthopedic surgeons** covering:

- Partial hip replacement and hip resurfacing
- Total hip replacement
- Minimally invasive hip approaches
- Revision of hip replacement – patients come to us from all over to replace worn implants, or to correct a previous surgery

How Long Does a Hip Replacement Last?

70.2%

HAVE LASTED 20+ YEARS

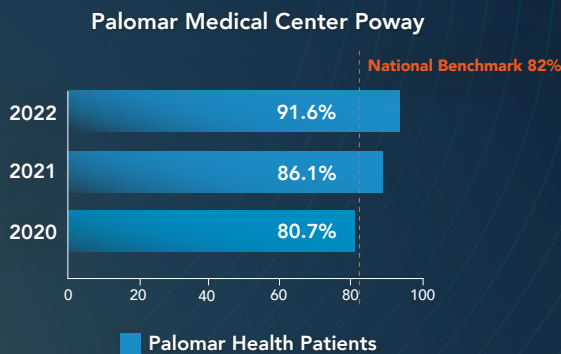
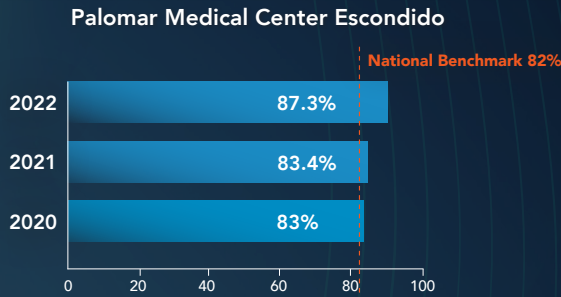
57.9%

HAVE LASTED 25+ YEARS

Years of research have allowed the surgeons of the Orthopedic and Spine Center to extend the lifetime use of the implants, while helping to speed up recovery and reduce post-operative discomfort. Wear rates can vary based on patient factors, like activity and weight. The good news is that modern materials used in hip and knee implants should be even more durable than those in the study. **Palomar Health's low number of revision surgeries is an encouraging sign of long-term durability.**

HIP REPLACEMENT OUTCOMES

Percent of Patients Who Walked on Day of Surgery



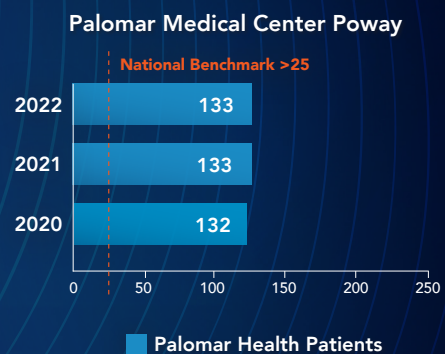
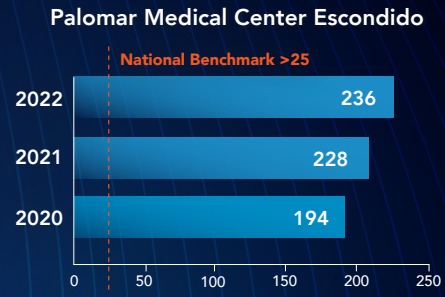
Higher is Better!

Why Is This Important?

Patients are ready to ambulate with therapy.

Getting out of bed and moving on the day of surgery means our patients had good pain control and minimal negative effects of anesthesia.

Annual Total Hip Replacement Surgical Volume



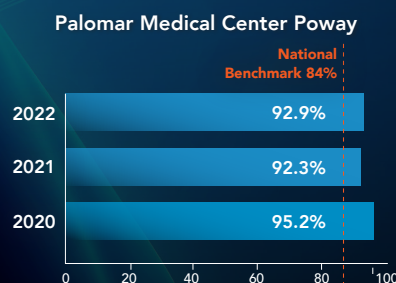
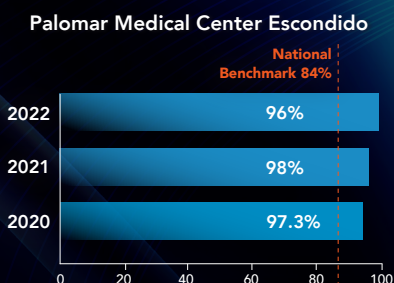
Higher is Better!

Why Is This Important?

High volume is associated with high quality.

Hospitals that perform a high number of hip replacements are associated with lower risk of patient harm, lower risk of readmission and higher likelihood of being discharged home.

Percent of Patients Promptly Discharged to Home



■ Palomar Health Patients
Higher is Better!

Why Is This Important?

There is no place like home — to recover. The Palomar Health Home Health Team can provide wellness programs, home visits and nurse check-ins. Plus, our online surveys and follow-up visits are all designed to keep you on track in the comfort of your home.

The Most Important Outcome to the Patient is Whether they Feel Better

94%

OF PALOMAR HEALTH PATIENTS IN 2022 ACHIEVED A MEANINGFUL IMPROVEMENT* AFTER TOTAL HIP REPLACEMENT

2022 HOOS Jr Survey

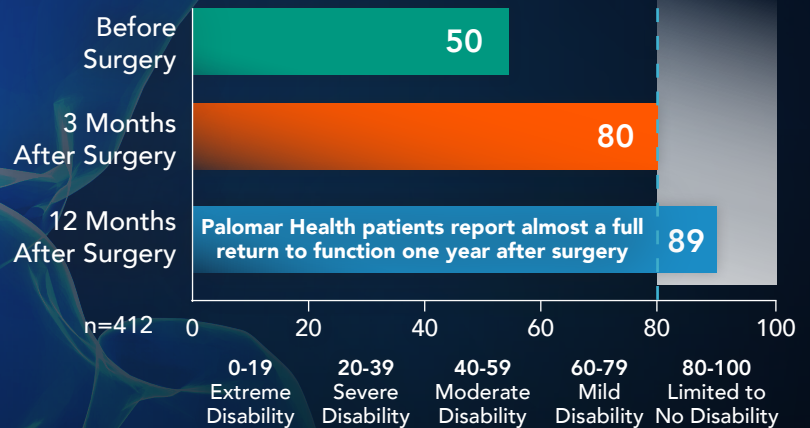
Palomar Health uses a standardized survey called HOOS Jr to gauge how much surgery has improved our patients' lives. Patients report their function and pain before their surgery (Pre-op) and after surgery (90 days and 12 months), which is scored on a scale of 0–100. The higher the score, the better the outcome.

0 = The patient is experiencing low function, high pain
100 = The patient is experiencing full function, no pain

On a scale of 0 - 100, patients report their scores:

- Before Surgery (Pre-Op)
- 3 Months After Surgery
- 12 Months After Surgery

Patient Reported Improvement in Function and Pain



Why Is This Important?

Palomar Health wants to know how much surgery has improved our patients' daily lives. When a patient walks through our doors we want them to feel confident that they will be treated with excellence, quality and compassion, and that the care they receive will improve their level of function and pain when they return to their daily lives.

Higher HOOS scores indicate improved function and pain!

*Meaningful improvement was calculated by minimal clinical important difference (MCID), or a positive change score of half the pooled standard deviation.

Palomar Health Leads the Region in Hip Replacement Expertise



HIP REPLACEMENT



“ I can not wait for my hip replacement. I have never been so excited about surgery. I am completely ready and can't wait for my painless future. Thank you to all the staff that provides such great customer/patient service to me... and those I didn't mention that run the front line of the office that take my calls and make me feel "at home." ”

- A Grateful Hip Replacement Patient

Knee Pain is a Common Complaint Across Many Age Groups

Due to the high amount of strain placed on the knees throughout the years, orthopedic knee surgeries like arthroscopic knee surgery and total knee replacement remain common. If you are faced with a knee condition, Palomar Health Orthopedic and Spine Center can help. We offer the expertise and experience of sub-specialty trained surgeons in orthopedic knee surgery covering:

- Partial knee replacement
- Total knee replacement
- Revision of knee replacement – patients come to us from all over to replace worn implants or to correct a previous surgery

“ *The Palomar Health team really addressed all the questions I had pre-surgery. I had a wealth of information at my fingertips, and it was broken down so I was not overwhelmed. I have had many surgeries in the past, but at no other time was I so prepared. In fact, I was overprepared. Especially when it came to the home health aspect of my journey. Thank you!* **”**

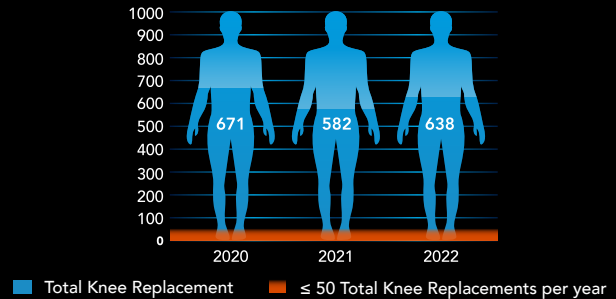
- A Grateful Knee Replacement Patient



PALOMAR HEALTH LEADS THE REGION IN KNEE REPLACEMENT EXPERTISE

For the 7th year in a row, Palomar Medical Center Escondido has been recognized as a Five-Star Recipient for Total Knee Replacement by Healthgrades.

Number of Palomar Health Total Knee Replacement Surgeries in Recent Years

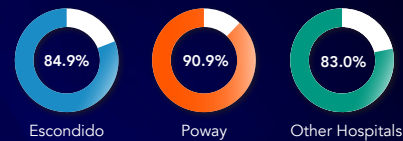


Why Is This Important?

High volume is associated with high quality. Hospitals that perform more than 50 knee replacements in a year are associated with lower risk of patient harm, lower risk of readmission and higher likelihood of being discharged home.

Percent of Patients Who Walked on Day of Surgery

On average, 83% of knee replacement patients walk on the day of surgery.*

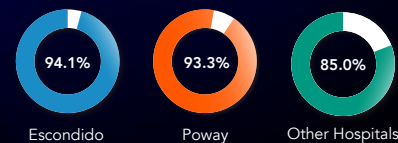


Why Is This Important?

Patients are ready to walk with therapy. Getting out of bed and moving on the day of surgery means our patients had good pain control and minimal negative effects of anesthesia.

Percent of Patients Discharged Straight Home

Palomar Health patients are discharged straight home more frequently than the national benchmark (85%).



Why Is This Important?

There is no place like home (to recover). Our Home Health team can provide wellness programs, home visits, and nurse check-ins. Plus, our online surveys and follow-up visits are all designed to keep you on track in the comfort of home.

*Other hospital data is based off a comparison group of over 1,000 hospitals.

KNEE REPLACEMENT

The Most Important Outcome to the Patient is Whether They Feel Better

2022 KOOS Jr Survey

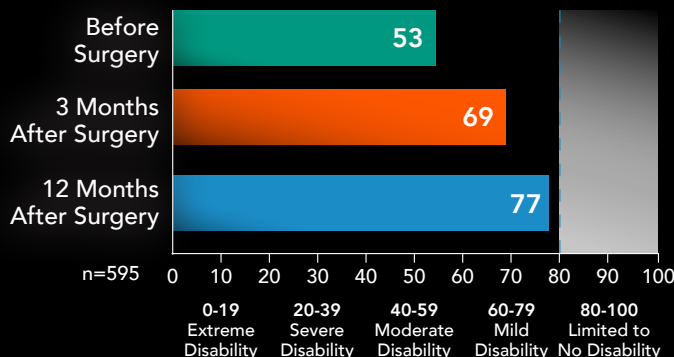
Palomar Health uses a standardized survey called KOOS Jr to gauge how much surgery has improved our patients' lives. We ask patients to report their level of function and pain on a scale of 0 - 100. The higher the reported score, the better the patient outcome.

0 = Low function, high pain
100 = Full function, no pain

On a scale of 0 - 100, patients report their scores:

- Before Surgery (Pre-Op)
- 3 Months After Surgery
- 12 Months After Surgery

Patient Reported Improvement in Overall Function and Pain



85%

85% of Palomar Health patients achieved Meaningful Improvement* after total knee replacement surgery.

Higher KOOS scores indicate improved function and pain!

Having a hard time finding this metric on other hospital websites?

That's because only 25.2% of hospitals are even tracking long-term outcomes like this.

*Meaningful Improvement was calculated by minimal clinical important difference (MCID), or a positive change score of half of the pooled standard deviation.

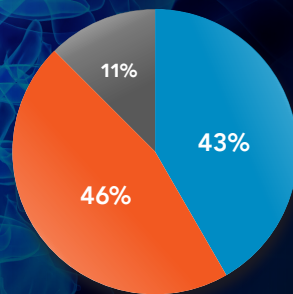
SHOULDER

Sturdy and Flexible Shoulders are Essential to an Active Lifestyle and Daily Functions

Palomar Health Surgeons are Experts in All Types of Shoulder and Elbow Surgery

Shoulder functionality can be severely limited by arthritis, fractures, tears and inflammation such as bursitis. Thankfully, Palomar Health's Orthopedic and Spine Center incorporates a multidisciplinary team that works together to provide you with a customized care plan. By using minimally invasive arthroscopic shoulder and elbow techniques, our aligned orthopedic surgeons can provide faster recovery, less pain and improved function.

- Reverse Total Shoulder Replacement
- Shoulder Arthroscopy or Similar Repair
- Total Shoulder Replacement



Shoulder Surgery Type

- Reverse Total Shoulder Replacement
- Shoulder Arthroscopy or Similar Repair
- Total Shoulder Replacement

How Soon Can I Get Back to Everyday Activities After Surgery?

In addition to reducing arthritis pain, shoulder replacement surgery helps people live independently and return to the activities they enjoy. Here, we try to answer the most common questions people have about returning to normal activities. Since everyone's progress might be slightly different, do NOT attempt these activities without consulting your surgeon first.

Post Op - Week 1

You can:

- Short Car Rides < 1 hr
- Shower
- Type

Avoid:

- Overhead Activity
- Brushing Hair
- Laundry



Week 5 - Week 6

You can:

- Lift < 5 lbs
- Overhead Activity
- Air Travel < 1-2 hours

Avoid:

- Bowling
- Jogging
- Vacuuming



REPLACEMENT

What is a Reverse Total Shoulder Replacement?

Reverse total shoulder replacement reverses the natural ball and socket anatomy of the shoulder joint which allows the stronger deltoid muscles to take over for strength and function. Reverse total shoulder replacement may be recommended for patients with:

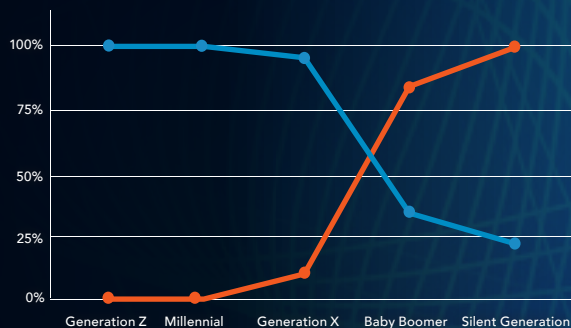
- Completely torn or irreparable rotator cuff tendons
- Severe shoulder fracture



PALOMAR HEALTH WAS RECOGNIZED AS A RECIPIENT OF THE HEALTHGRADES ORTHOPEDIC SURGERY EXCELLENCE AWARD™

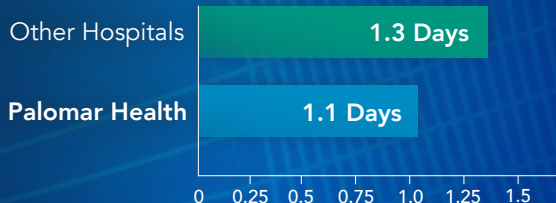
Palomar Health Orthopedic and Spine Center ranks among the top 5% of hospitals in the nation for successful orthopedic surgery outcomes, like shoulder replacement.

Shoulder Surgery Type by Generation



- Shoulder Arthroscopy or Similar Repair
- Total Shoulder Replacement (including reverse)

Average Length of Stay



Why Is This Important?

Patients are meeting their therapy goals faster. Our lower length of stay means our shoulder surgery patients met their goals and are ready to go home faster. This reduces their chances of a complication, like an infection.

“ All of the nurses I had were excellent, especially in the surgery recovery room! They were compassionate, kind, attentive and professional. Can't say enough about how much I appreciated these fine pros! ”

- A Grateful Shoulder Replacement Patient

Week 9 - Week 10

You can:

- Push up from chair
- Computer/mouse work
- Drive

Avoid:

- Tennis
- Yardwork
- Sleeping on surgical table



6 Months - 1 Year

You should be able to do any low-impact activities you like!



*Other hospital data is based off of a comparison group of over 1,100 hospitals.



SPINE SURGERY

Pioneering Spine Care Innovation for Over Two Decades

We offer advanced treatment for back and neck disorders in a state-of-the-art, patient-centered environment. Our goal is to simplify the complexity of spine care and get you back to your normal routine as quickly as possible.

A Better Approach to Treating Back and Neck Disorders

We offer the latest conservative treatments, along with minimally invasive surgical options. Patients can expect prompt appointments with leading specialists and individualized attention from the entire care team. This helps to ensure that every step of your experience – from diagnosis to rehabilitation – progresses smoothly and successfully.

Palomar Health's Orthopedic and Spine Center offers the expertise and experience of sub-specialty trained orthopedic and neurosurgeons covering:

- Microdiscectomy
- Motion-sparing disc arthroplasty
- Minimally invasive lumbar and cervical fusion
- Spine tumor removal

Spine Surgery by Type

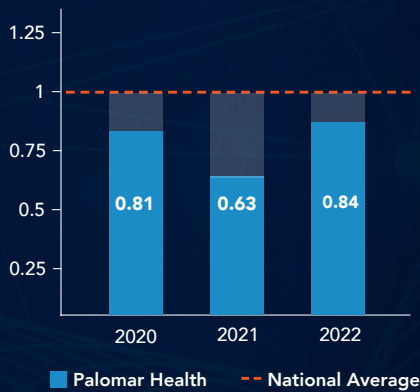
Many of our patients do not need surgery at all. When surgery is necessary, our surgeons use the most minimally invasive technique possible for:

- Smaller incisions
- Quicker recovery with less pain
- Improved range of motion
- Fewer complications

2022 SPINE SURGERY OUTCOMES

Complication Rate

In the area of complications of care during spine surgery, such as infection, blood clots or nerve injury, Palomar Health consistently outperforms the national average. **In 2022, Palomar Health's complication rate was 16% lower than the expected complication rate!**

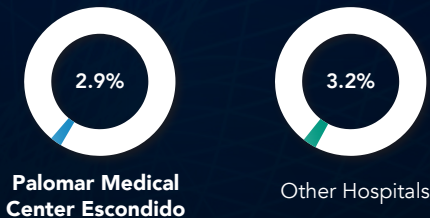


Lower is Better!

Why Is This Important?

Achieving superior outcomes in back and neck surgery requires you to start on the road to recovery without any setbacks.

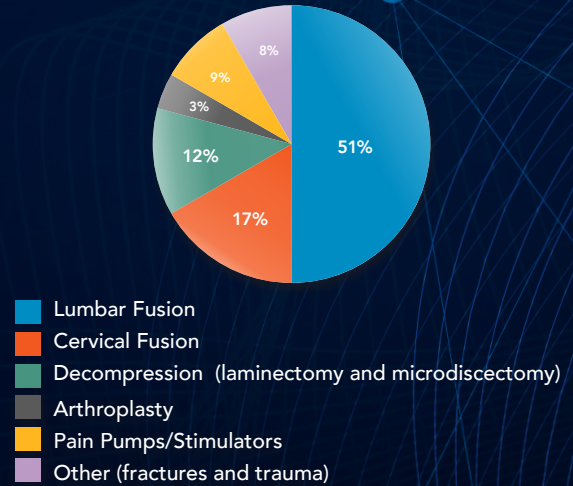
Percent of Readmission Within 30 Days



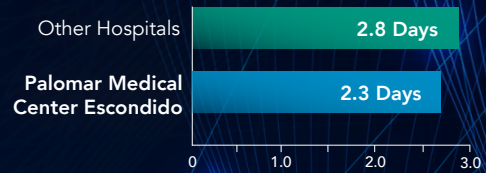
Why Is This Important?

The road to recovery should be free of setbacks. Every member of our team plays a role in reducing the likelihood of a patient needing to return to the hospital. To achieve these low rates, we focused on patient safety after discharge and improved handoffs from the hospital to the home caregivers.

Annual Spine Surgical Volume



Average Length of Stay



Why Is This Important?

Patients are meeting their therapy goals faster. Our lower length of stay means our patients met their therapy goals and are ready to go home faster. This reduces their chances of a complication, like infection.



PALOMAR HEALTH RANKS AS ONE OF THE TOP 5 HOSPITALS IN THE STATE OF CALIFORNIA AND AMONG THE TOP 2% IN THE NATION FOR SPINE SURGERY!

*Other hospital data is based off a comparison group of over 1,100 hospitals.

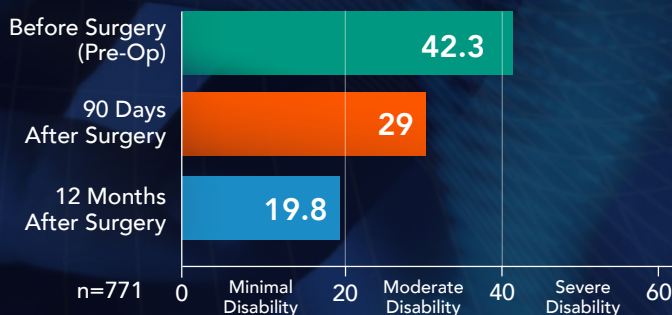
How Much has Surgery Improved Our Patients Lives?

2022 Oswestry Disability Index Survey

Palomar Health utilizes a standardized survey called Oswestry Disability Index, which allows us to measure how our patient's back pain has affected their ability to manage everyday life.

We ask patients to report on their function & pain:

- Before Surgery (Pre-Op)
 - 90 Days After Surgery
 - 12 Months After Surgery
- Patients report a full return to Minimal Disability 12 months after surgery!**



Lower is Better!

Why Is This Important?

Palomar Health wants to know how much surgery has improved our patients' daily lives. Patients report on their function & pain before and after surgery. We use a standardized survey called Oswestry Disability Index.

How Soon Can I Get Back to Everyday Activities After Surgery?

In addition to reducing arthritis pain, spine fusion surgery helps people live independently and return to the activities they enjoy. Here we try to answer the most common questions people have about returning to normal activities. Since everyone's progress might be slightly different, do NOT attempt these activities without consulting your surgeon first.

Post Op - Week 2

You can:

- Lift < 10 lbs
- Shower
- Climb the Stairs

Avoid:

- Lifting > 15 lbs
- Swimming
- Golfing

Week 6

You can:

- Walk Outdoors
- Go to School
- Air Travel < 1-2 hours

Avoid:

- Horseback Riding
- Road Bicycling
- Water Skiing



Precision and Progress: How Innovative Technology is Transforming Spinal Procedures

Globus Robot

Palomar Health uses Globus' robotic guidance and navigation to assist in pedicle screw placements in the cervical, thoracic and lumbar spine. Robotic guidance uses the robotic arm to align tools along a planned pathway to place your screw implants, and navigation is a way for your surgeon to see the tools in relation to your body on a screen while they are being used.

Globus' robotic guidance and navigation positively impacts:

Patient Outcomes

- Reduced radiation exposure for the patient and staff
- Optimal pedicle screw placement
- Patient demand for advanced technologies

Operational Efficiencies

- Shorter case times: Case times are down for most procedure types, especially 1 Level Lumbar Fusions.



17 Minutes

THE AVERAGE TIME SAVED PER FUSION SINCE 2019

“ I had an excellent experience at Palomar Medical Center. My room was large, the bathroom easily accessible and I had a great view. All the staff, doctors, my nurses, their assistants and the physical and occupational therapists were extremely competent and knowledgeable as well as very friendly and kind. Theresa, my night nurse, and Jennifer, who took care of me the only day I was there, were wonderful. ”

- A Grateful Spine Surgery Patient

3 Months

You can:

- Lightly Jog
- Do Laundry
- Swim

Avoid:

- Golfing
- Skiing
- Motorcycle Riding

6 Months - 1 Year

You should be able to do any low-impact activities you like!



FOOT & ANKLE REPAIR

From Strain to Strength: Discover the Secrets of Effective Foot & Ankle Repair

Arthritis, fractures, tendonitis and ligament injuries are just a few of the many causes for ankle or foot pain and limitation of motion at the ankle and great toe joint. These joints are extremely important when it comes to walking and normal gait mechanics.

Experts in All Types of Ankle Surgery

San Diego's Palomar Health Orthopedic and Spine Center offers the expertise and experience of sub-specialty trained orthopedic and podiatric surgeons covering:

- Total ankle replacement
- Arthroscopic surgery of the ankle
- Ligament reconstruction

What is an Ankle Arthroplasty?

Ankle arthroplasty, or ankle replacement surgery, is a treatment option for ankle arthritis, very similar to hip and knee replacements. The main goal is to alleviate pain and preserve motion, affording a faster recovery than other treatment options. During surgery, the arthritic bone surfaces are removed and replaced with prosthetic implants.

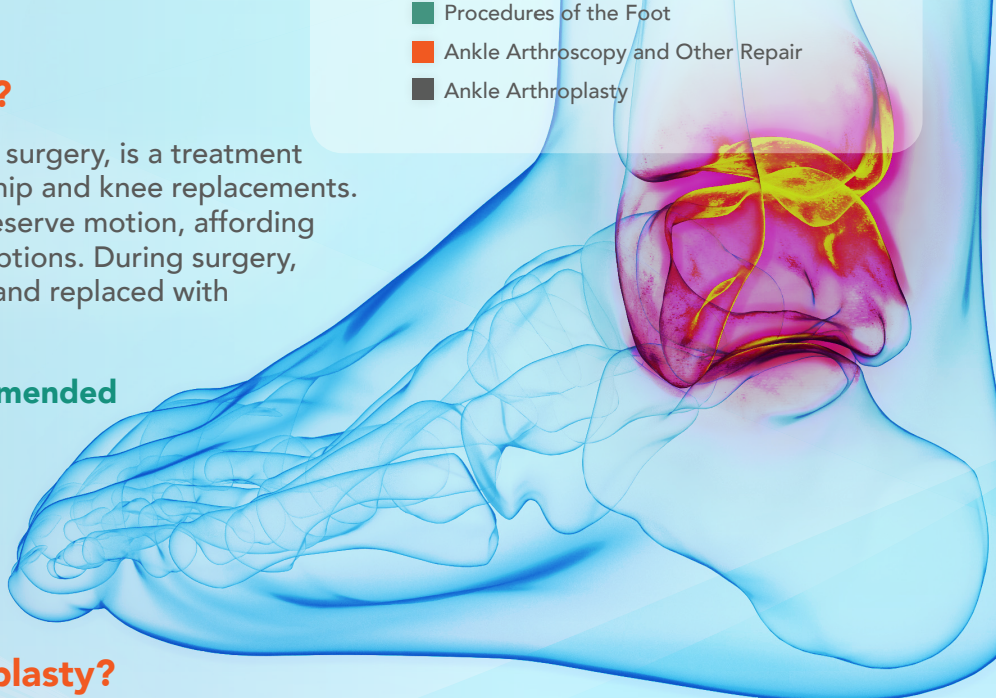
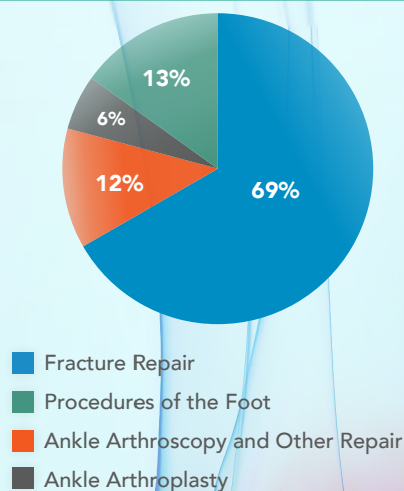
Ankle Arthroplasties may be recommended for patients with:

- Osteoarthritis
- Post-traumatic arthritis
- Rheumatoid arthritis

How Effective is Ankle Arthroplasty?

A study of the 4th generation total ankle implant used at Palomar Health found they were highly likely to last up to 15 years and patients continued to have significant improvement in pain relief and minimal decrease in function.

2022 Foot & Ankle Procedures



STEP INTO A PAIN-FREE FUTURE

Ankle Arthroplasty is Revolutionizing Palomar Health Patient Mobility

On a scale of 1-10, patients reported an

AVERAGE PAIN LEVEL

7 OR 8

After surgery, the reported **level of pain decreased dramatically**, with an

AVERAGE PAIN LEVEL

1 OR 2!

“ I always felt cared for and in good hands at Palomar Medical Center. ”

- A Grateful Foot and Ankle Patient

HAND & WRIST REPAIR

Hands-On Expertise: Hand Therapy Through Direct Patient Connectivity

As humans, we depend on our hands and wrists to live and work. From performing the simplest to the most complex tasks, we rely on healthy, functioning hands. The hands are also the most intricate structures in the body, and when an injury or condition affects them, getting the appropriate care can make a substantial difference in your quality of life.

Palomar Health's Orthopedic and Spine Center offers the expertise and experience of sub-specialty trained hand surgeons covering:

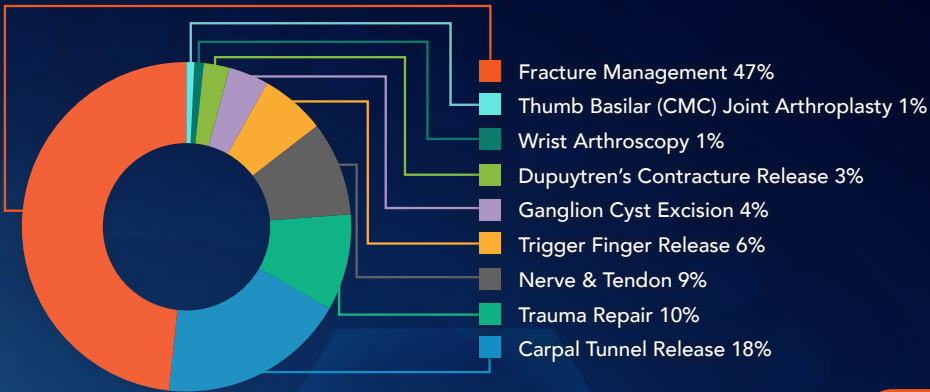
- Carpal tunnel syndrome
- Tennis elbow
- Wrist pain
- Sports injuries of the hand and wrist
- Fractures of the hand, wrist and forearm
- Trigger finger
- Other disorders, including arthritis, nerve and tendon injuries and congenital limb differences (birth defects)

27

We have 27 bones in our wrist and hands to allow us to perform numerous tasks in our everyday lives.

At Palomar Health Outpatient Rehabilitation, our post-operative hand patients are under the care of licensed occupational therapists that have also obtained their Certified Hand Therapist (CHT) credential. **These therapists have a personal dedication to hand therapy and have had over 4,000 direct contact hours in order to provide patients with the highest quality of care.**

2022 HAND & WRIST SURGICAL VOLUME



Dupuytren's Contracture

3%

Dupuytren's Contracture is a medical condition characterized by the gradual thickening and tightening of the connective tissue within the palm and fingers. This progressive disorder typically affects the layer of tissue beneath the skin's surface, leading to the formation of nodules or cords.

Ganglion Cysts

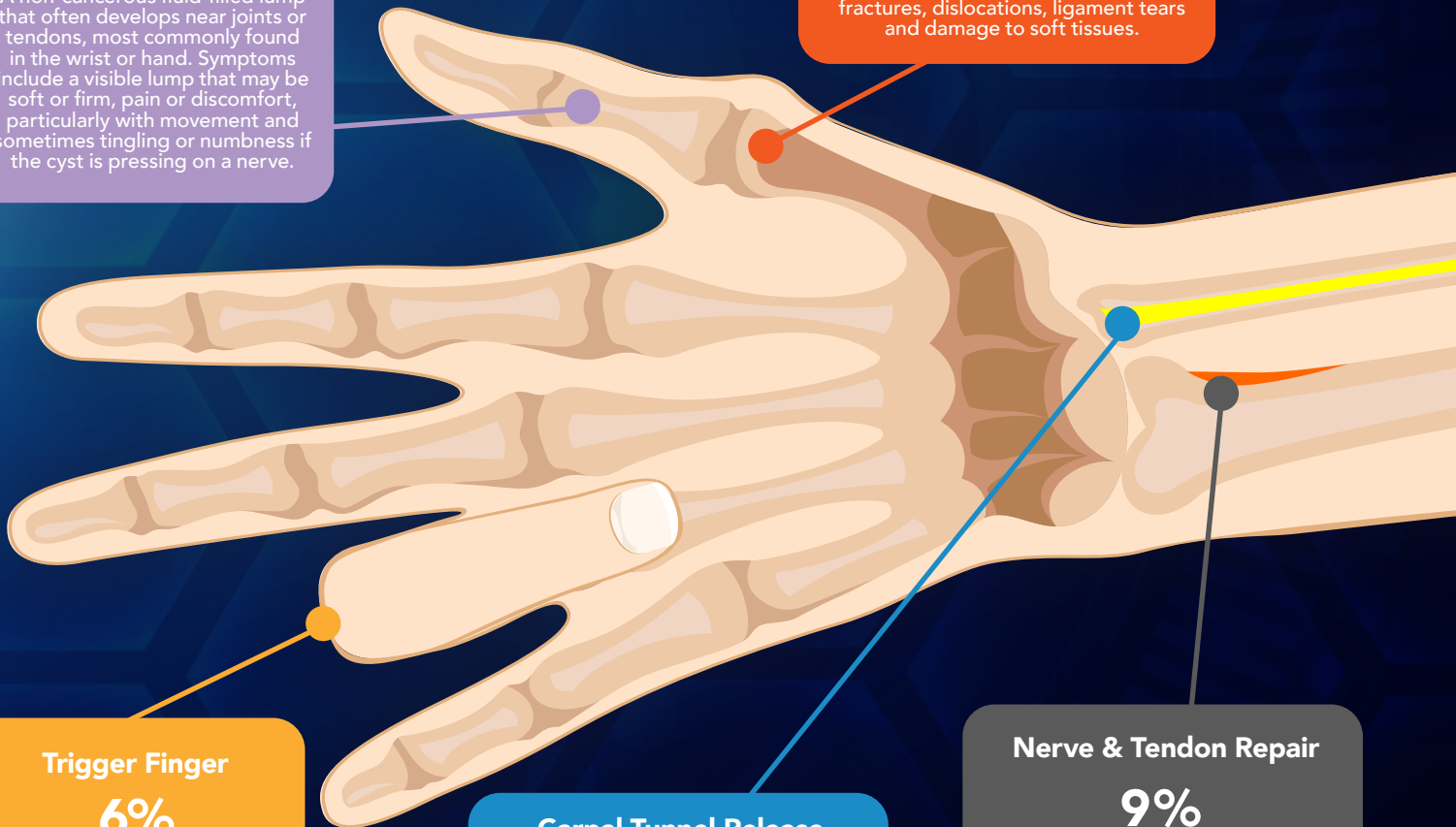
4%

A non-cancerous fluid-filled lump that often develops near joints or tendons, most commonly found in the wrist or hand. Symptoms include a visible lump that may be soft or firm, pain or discomfort, particularly with movement and sometimes tingling or numbness if the cyst is pressing on a nerve.

Fracture & Trauma

57%

Trauma and fracture care focused on the hand and wrist can be injuries stemming from accidents, sports mishaps or falls. This can involve fractures, dislocations, ligament tears and damage to soft tissues.



Trigger Finger

6%

A condition that affects the fingers and thumb, causing difficulty in their movement. Common symptoms include pain or tenderness at the base of the finger or thumb, stiffness and a noticeable clicking or popping sensation during movement.

Carpal Tunnel Release

18%

A common condition that arises when the median nerve, which runs from the forearm to the hand, becomes compressed as it passes through the carpal tunnel in the wrist. Common symptoms include tingling, numbness and a burning sensation in these fingers.

Nerve & Tendon Repair

9%

Nerve injuries can lead to loss of sensation and movement. Tendon damage, on the other hand, can impair joint movement and strength, affecting everyday activities. Post-operative rehabilitation is crucial in regaining dexterity, strength and range of motion in the hand and wrist.

HIP FRACTURE REPAIR

Fast-Track Healing: Prioritizing Early Mobilization For Hip Fracture Patients

Did you know that close to half of U.S. adults who have a hip fracture never regain full functionality and mobility?

That's why Palomar Health's Orthopedic and Spine Center includes physical therapy and occupational therapy to maximize our patient's ability to regain strength and fitness, minimize deconditioning and regain or preserve independence and the ability to participate in society.

Speed is the Key

Our goal is to diagnose the fracture quickly so we can reduce the patient's pain. Then, we follow evidence-based guidelines that advance the patient through their care plan, including surgery within 24 hours if necessary.

Improved patient outcomes are indicated by:

- Better pain control
- Early return to activity
- Avoiding adverse events (e.g. infections, falls, readmissions, revision surgery)
- Fulfilled patients and family members

78.5

AVERAGE AGE OF A
PALOMAR HEALTH HIP
FRACTURE PATIENT

Implementing a Hip Fracture Pathway to Improve Patient Outcomes

Hip fractures for seniors can be extremely painful. Without proper treatment, hip fractures can lead to a rapid loss of independence and mobility, and even a high rate of mortality.

20%

REDUCTION IN OPIOID
USE THROUGH
PALOMAR HEALTH'S HIP
FRACTURE PATHWAY

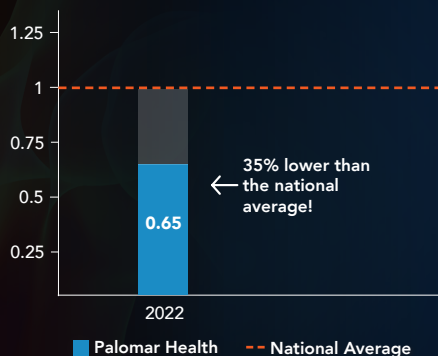
Leading The Way: Extraordinary Patient Outcomes

Patients who arrive with a hip fracture have approximately twice the number of co-morbidities when compared to other patients. This, combined with being significantly older, resulted in a significantly greater risk of a poor outcome. **This is without taking into consideration the physiological impact of the hip fracture and the stress imparted by the surgical procedure. It is also worthy of mention that 17% of the hip fracture patients had dementia on admission, versus only 7% of the medical group.**

1 OR MORE PER DAY

THE FREQUENCY OF PATIENTS ARRIVING AT A PALOMAR HEALTH HOSPITAL WITH A HIP FRACTURE (396 PER YEAR)

Complication Rate

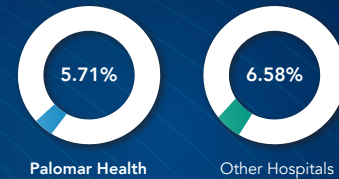


Lower is Better!

Why Is This Important?

Achieving superior outcomes in hip fracture repair surgery requires you to start on the road to recovery without any setbacks.

2022 Percentage Inpatient Discharges with an ED Visit within 30 Days Post-Discharge

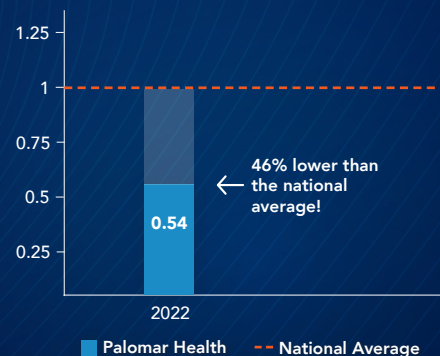


Lower is Better!

Why Is This Important?

Only 1 in 20 patients who came to Palomar Health with a hip fracture had to return to the hospital over the next 30 days.

Hospital Acquired Condition (HAC)



Lower is Better!

Why Is This Important?

A Hospital-Acquired Condition (HAC) is an undesirable situation or condition that affects a patient and occurs during a stay in the hospital.

“ I am a nurse myself, not the best patient & tend to be a “tad” critical. The care I received during my unexpected hospital stay was nothing short of excellent. There were too many great encounters with too many staff to list. This hospital & staff took incredible care of me, both physically & mentally. ”

- A Grateful Hip Fracture Patient



healthgrades.

*Other hospital data is based off of a comparison group of over 1,100 hospitals.

ORTHOPEDIC REHABILITATION

Empower Your Recovery with Our Team of Experts by Your Side

Palomar Health's Orthopedic & Spine Center's comprehensive rehabilitation program ensures our patients are provided high quality care and progressed through the continuum of care to meet the individual goal of each patient.

Our rehabilitation services span from the hospital, as early as the day of surgery, to in-home recovery and to the outpatient clinic. At each stage, our therapists review the patient's specific needs for a seamless transition in care to allow for a smooth recovery. At each setting, a comprehensive evaluation will be performed by a licensed therapist who will review the patient's medical history as well as create a plan of care that will get the patient to their desired goals. We have physical therapists on staff that are Board-Certified Orthopedic Clinical Specialists (OCSs) who provide expert orthopedic rehabilitation to keep our clinic up-to-date on innovative treatment. We keep open communication between the surgeon and therapist to provide the best care possible.

“ A great experience from the start with having my right hip replaced. Walked with a cane after a week and now at 4 weeks, walking normally and going to the gym 5 days a week. Thank you kindly Dr. Knutson and staff! ”

- A Grateful Hip Replacement Patient

DID YOU KNOW?

The largest muscle in the human body is the **Gluteus Maximus** which extends the hip and assists with squatting and standing. Physical Therapists will provide customized exercises to ensure strength is recovered after surgery to restore full function.

A normalized gait takes around **200 muscles** for a single step. Gait analysis is performed on all post-op patients in the rehabilitation department to ensure proper walking form is maintained after surgery.



WHERE TO FIND US



Palomar Medical Center Escondido

Orthopedic patients recover on the 7 East Unit, featuring dedicated nursing staff and therapists.

Dedicated Spine Unit

Spine surgery patients recover on the 7 West Unit, featuring dedicated neuro/spine nursing staff and therapists.



Palomar Medical Center Poway

Dedicated Orthopedic Unit

Patients recover on our Center of Excellence Unit dedicated to medical surgical patients recovering from various surgeries.

Rehabilitation Services

Our services span from hospital to home or outpatient clinic. The patient and the therapy team partner together to provide a seamless rehabilitation experience that begins on the day of surgery and continues until recovery goals are achieved.

Outpatient Rehabilitation Services

Diagnostic, preventive and therapeutic services designed to maximize function and return you to your physical best. Our services include physical therapy, occupational therapy, speech therapy, pelvic floor therapy, lymphedema management and neuromuscular rehabilitation.

Poway: 15615 Pomerado Road, Suite 575, Poway, CA 92064 • **858.613.6260**

Escondido: 2130 Citracado Pkwy, Suite 310, Escondido, CA 92029 • **442.281.3230**

Rehabilitation Institute **442.277.6100**

A 52-bed facility with comprehensive physical and cognitive rehabilitation programs dedicated exclusively to treating individuals who have experienced a disabling injury or illness, such as stroke (CVA), brain injury, spinal cord injury, amputation, major multiple trauma or orthopedic injury.

Skilled Nursing Facility, The Villas at Poway 858.613.4545

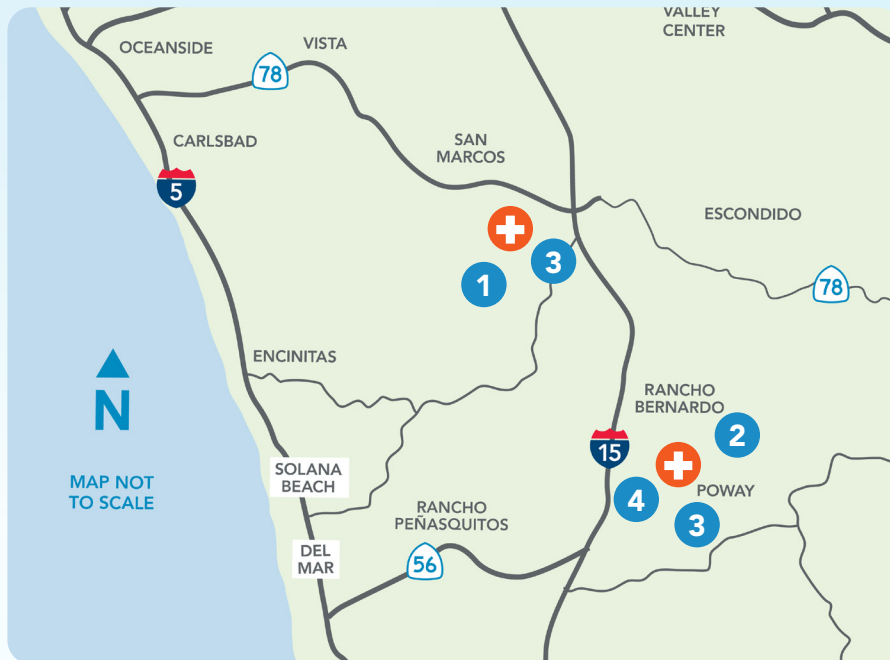
The ideal place to receive care when additional expertise is necessary to recover from an accident, illness or surgery. This facility is for patients recovering from stroke, cardiac, orthopedic surgery, traumatic injury, chronic or acute pulmonary conditions, brain injury, complex wounds and other conditions.

Home Health 442.281.3800

After illness or injury, Palomar Health's Home Health Services brings licensed and certified healthcare services to you in the comfort of your home.

- Nursing care
- Physical, occupational & speech therapy
- Telehealth monitoring
- Personal care services
- Homemaker/companion services

Hospitals and Emergency Rooms



- ➕ Hospitals and Emergency Rooms
- 1 Palomar Medical Center Escondido
- 2 Palomar Medical Center Poway
- 3 Outpatient Rehabilitation Service
- 4 Skilled Nursing Facility (The Villas at Poway)

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This Outcomes Report is dedicated to the countless individuals who cared for our patients in 2022.



PALOMAR HEALTH.

Reimagining Orthopedic & Spine Care