

## New Mexico Orthopaedic Associates – Improving Patient Care with a Multidisciplinary Approach

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After a patient traveled 250 miles to consult with spine surgeon Michael McCutcheon, MD, about a back problem, a thorough examination discovered the pain actually emanated from her hip. “While other practices would send the patient on a new quest to find a more appropriate physician, we were able to refer her to one of my colleagues during the same visit,” says Dr. McCutcheon, (former) President of New Mexico Orthopaedics. “That happens all the time here.”

This is just one example of New Mexico Orthopaedics’s multidisciplinary team approach to treatment. In one location at Presbyterian Hospital, patients have access to a variety of specialists with the Outpatient Center, New Mexico Spine, Cartilage Center, Quick Care Center, Sports Medicine Center, Joint Center, and Foot Center. “At New Mexico Orthopaedics, a mix of 21 board-eligible or boardcertified orthopaedic surgeons and physicians represent all major subspecialties of orthopaedics,” explains Dr. McCutcheon. “The concentration of physicians provides better care for our patients.

Services such as outpatient surgery, physical therapy, and MRIs provide one-stop medical care for our patients.” This collaborative approach is not only appealing to patients but to other physicians, as well. Recently, when the state of New Mexico experienced difficulty in retaining physicians, New Mexico Orthopaedics welcomed six new physicians. “Although about half of them hail from New Mexico, we get new recruits from all over the country,” says Dr. McCutcheon. “We have enough physicians here to provide good cross-coverage for on-call times and a good exchange of information between subspecialists.” He adds that their scheduling department is trained to decide which physicians are appropriate for the type of injury.



### The Outpatient Center

New Mexico Orthopaedics is recognized as the largest orthopaedic practice in the state, and its many internal facilities have the capability to address the broadest range of orthopaedic needs.

“The outpatient center provides comprehensive specialty care in a single central location,” says Anthony Pachelli, MD, a board-certified orthopaedic surgeon who fellowship trained in athletic medicine and arthroscopy of the shoulder and knee. “It is convenient and less confusing for the patient and

offers one location and an excellent staff to provide the whole spectrum of care from diagnosis through surgical or nonsurgical care.” Testing, x-ray, MRI scanning, and physical therapy are all available on site. The ambulatory surgery center provides outpatient services for orthopaedic and podiatry surgeries.

## **New Mexico Spine**

New Mexico Spine, a regional Center of Excellence, offers a variety of complementary specialties ranging from physical medicine to orthopaedic surgery.

### **The Cartilage Center**

New Mexico Cartilage Restoration Center focuses on established methods of restoring joint function as well as pioneering new efforts to address problems of the shoulder, elbow, knee, and ankle.

### **The Quick Care Center**

The Quick Care Center is a dedicated urgent-care unit within New Mexico Orthopaedics' Comprehensive Care Center. The center provides fast care of joint injuries, bone problems, sprains, strains, and other types of musculoskeletal pain — all without the wait and high cost of an emergency room.

### **The Sports Medicine Center**

Physicians at the Sports Medicine Center are able to analyze, diagnose, and treat sports injuries of many kinds, such as anterior cruciate ligament (ACL) tears; meniscal tears (tears of the shock-absorbing cartilage in the knee); knee strains; shoulder strains, dislocations, separations, and rotator cuff problems; tendonitis; tennis elbow; and stress fractures. The team of sports medicine experts, surgeons, therapists, and diagnosticians offers a multidisciplinary approach to define and provide appropriate care. "The sports program is designed to provide community service with the specific goal of teaching injury-prevention programs," says Dr. Pachelli. "We target coaches and players, providing the sports program to club soccer groups and high school soccer programs."

### **The Joint Center**

The New Mexico Center for Joint Replacement Surgery is nationally recognized as a Center of Excellence for both surgery and research of total joint replacement, with more than 7,000 joint replacement procedures to its credit. The center generates valuable research concerning new prosthetic designs, innovative surgical techniques, and critical, long-term analyses.

### **The Foot Center**

Approximately 75 percent of Americans will experience foot problems at some point in their lives. The Foot Center's team of specialists includes orthopaedic surgeons who are fellowship trained in dealing with foot and ankle problems, as well as a podiatrist and physical therapists who treat and rehabilitate foot and ankle injuries. The center also provides customized prosthetics and braces.

**NEW MEXICO ORTHOPAEDICS**

**NEW MEXICO SPINE**