

## Get Back to Enjoying Your Life Again

Millions of Americans suffer from common orthopedic conditions such as back pain, arthritis, and osteoporosis that negatively affect their quality of life. Southern California Hospital at Culver City offers a full spectrum of orthopedic and spine services, both surgical and non-surgical, to help patients feel like themselves again.

Our specialists have significant expertise and experience in treating all aspects of the body's musculoskeletal system, including spine, bones, joints, ligaments, tendons, and muscles. From preventative medicine to joint replacement and back surgery, the goal is always to provide patients with individualized care using advanced techniques.

Orthopedic and spine care involves a multidisciplinary team approach. Our highly trained group of board-certified surgeons work closely with our physical medicine and rehabilitation physicians, neurologists, pain specialists, physical therapists, and nurse practitioners on an as-needed basis to provide care specific to each patient's needs, all in one convenient location.

A partnership with the LA Bone and Joint Institute brings a unified orthopedic practice to Southern California Hospital at Culver City. Having a group of experienced orthopedic surgeons who specialize in a different set of procedures provides patients with a more comprehensive and seamless experience.

Our orthopedics and spine team has access to advanced diagnostic imaging services onsite, including X-ray, CT and MRI. Both hospital-based inpatient and outpatient rehabilitation services help patients recover and regain the abilities needed for daily life.

## Contact Us

Our address is:  
3828 Delmas Terrace  
Culver City, CA 90232-2713

**Telephone:** (310) 836-7000  
**Website:** SCH-CulverCity.com

Parking is available in a variety of locations, including street and paid parking with entrance on Hughes Avenue.

Southern California Hospital at Culver City is part of Prospect Medical, which operates hospitals in California and the east coast.



3828 Delmas Terrace, Culver City 90232  
(310) 836-7000 | SCH-CulverCity.com

## Orthopedic and Spine Services



(310) 836-7000

SCH-CulverCity.com/ortho



## Specialties

Orthopedic services include sub-specialized treatment of the spine, shoulder and elbow, hand and wrist, hip, knee, foot and ankle, and sports-related injuries.

## Spine

Back pain is one of the most common medical problems in the United States. Roughly 80 percent of the population will suffer from low back pain in their lifetime. Non-surgical treatments like medication and physical therapy can help patients regain mobility and relieve pain. We also offer a comprehensive spine surgery program if all other options do not provide improvement.

## Shoulder and Elbow

Because the shoulder and elbow are so frequently used, pain in these joints can make carrying out everyday tasks difficult. Elbow pain is often

caused by overuse rather than wear-and-tear, while shoulder pain commonly arises after an injury. We offer minimally invasive surgery options, as well as physical therapy, pain management, and rehabilitation services.

## Hand and Wrist

Hand and wrist conditions can be degenerative, meaning that earlier treatment leads to a better prognosis. Pain may vary from a dull ache to a pins-and-needles sensation, depending on the cause. Our team develops a personalized care plan for each patient while making every attempt to utilize nonsurgical options such as anti-inflammatory medicine, ice, heat, and massage.

## Hip

Hip pain is a common complaint that can range in intensity from mild to severe. Common causes of hip pain, particular in older adults, include inflammatory arthritis and osteoarthritis.

Our surgeons specialize in anterior hip replacement, a minimally invasive procedure that replaces the hip joint without cutting through muscle.

It allows patients to return to normal activity faster than traditional hip replacement surgery, with a reduced risk of post-operative hip dislocation and a shorter hospital stay.

## Knee

Knee pain may arise from an injury or a medical condition, such as arthritis or gout. Early treatment is key to relieve knee pain, which can vary in location and severity. Our orthopedic specialists have several nonsurgical treatment options available, including anti-inflammatory medicine, ice, heat, and massage techniques. We also offer minimally invasive surgical procedures, as well as knee replacements, if surgery is deemed necessary.

**More than  
30 million  
Americans suffer from  
osteoarthritis**

## Foot and Ankle

Both the foot and ankle are incredibly complex and contain many bones, joints, muscles, tendons, and ligaments. Foot and ankle pain can be caused by a wide variety of injuries and medical conditions, such as arthritis. While many of these causes respond well to home treatments, others can only be treated surgically.

For a complete list of conditions treated, visit [SCH-CulverCity.com/programs-and-services](http://SCH-CulverCity.com/programs-and-services).

## Contact Us

To reach LA Bone and Joint Institute, call (424) 603-6984. To reach the hospital, call (310) 836-7000.

Southern California Hospital at Culver City is conveniently located in central Culver City between City Hall and Sony Pictures Studio on Delmas Terrace. For parking information, visit our website.



Visit [SCH-CulverCity.com](http://SCH-CulverCity.com)