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Fleming Island/Clay County
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Fleming Island, FL 32003
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JOI Nassau
1348 18th Street South, Suite 320b
Fernandina Beach, FL 32034
P: 904.204.2971 • F: 904.261.9353

San Marco
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Jacksonville, FL 32207
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Rehabilitation Centers

Baptist Beaches
1577 Roberts Dr., Suite 320
Jacksonville Beach, FL 32250
P: 904.247.3224 • F: 904.247.3926

Mandarin
12276 San Jose Blvd., Suite 716 & 717
Jacksonville, FL 32223
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Call us!
JOI.2000
or request an appointment
online at joi.net.

Comprehensive Orthopaedic Care
for the best possible patient outcomes

Changing Health Care for Good
From its inception 27 years ago, Jacksonville Orthopaedic Institute (JOI) has continually evolved in the pursuit of the highest level of orthopaedic surgery and rehabilitation care. The demands of the community have lead to the creation of 5 physician offices, 10 rehabilitation centers with 32 physicians, 69 therapists (physical and occupational) and 12 athletic trainers. With the addition of an orthopaedic musculoskeletal oncologist, JOI, in affiliation with Baptist MD Anderson Cancer Center, now offers treatment expertise for musculoskeletal tumors and orthopaedic infections. There are only a few programs of this level of expertise in the United States.

JOI’s comprehensive, cutting-edge orthopaedic treatment services, also include joint replacement surgery, arthroscopy, fracture care, sports medicine, hand and upper extremity, foot and ankle, and spine surgery.

In addition to providing the highest level of quality orthopaedic care, JOI is also committed to improving the value of that care. With the goal of higher value and patient satisfaction, JOI in affiliation with Baptist Health, is studying the data outcomes and costs of orthopaedic services delivered. To achieve the best outcomes, this approach requires interdisciplinary input including collaboration with primary care, rheumatology, medical subspecialties (e.g. cardiology, endocrinology), and hospitalists.

As the needs of the community continue to evolve, so will Jacksonville Orthopaedic Institute. This Journal presents an overview of the ongoing commitment by JOI to provide the highest value orthopaedic surgery and rehabilitation care.

Bruce Steinberg, MD
Chairman of the Board,
Jacksonville Orthopaedic Institute

Providing the highest level of orthopaedic surgery and rehabilitation care.
JOI has demonstrated excellence in joint replacement with outstanding patient outcomes. Our surgeons have 105 years of combined experience performing total hip replacements and 96 years of experience performing knee replacement surgery – and this experience shows in our high patient satisfaction scores.

Our individualized approach to patients throughout the entire process, from the initial consultation all the way through rehabilitation, helps prepare them for shorter hospital stays and more independence after leaving the hospital.

We specialize in total joint replacement of the ankle, knee, hip, wrist, finger, elbow and shoulder using innovative options. One example is anterior hip replacement surgery in which the joint is approached from the front of the leg, rather than the side. This avoids cutting muscles and tendons, allowing faster recovery with smaller incisions and few complications.

In addition to traditional joint replacement, we offer alternatives where innovation and advancement allow for less invasive and bone-sparing procedures.

One breakthrough technique is the Birmingham hip replacement, a bone-conserving alternative to total hip replacement. The procedure is ideal for younger, athletic patients who want to return to high-intensity sports. It works by preserving part of the hip’s ball-and-socket joint and covering it with a metal sphere, resulting in low risk of dislocation, enhanced mobility and improved stability.

For knees, some patients are candidates for a less invasive resurfacing technique rather than a total knee replacement. MAKOplasty partial knee resurfacing is ideal for patients with osteoarthritis that has not yet advanced to all three compartments of the knee. The surgeon uses a robotic arm system to remove only the damaged areas of the knee, and a small implant is precisely positioned to fit the patient’s anatomy. Patients are able to walk soon after surgery and most are back to normal activities within a few weeks.

Surgery is recommended only after having tried all non-surgical measures, such as physical or occupational therapy, pain management and home exercise. When those options prove unsuccessful, patients can rest assured that JOI will be able to provide the best solution for returning them to their normal, active lifestyles.

**Services include:**

- Total joint arthroplasty of the ankle, knee, hip, wrist, finger, elbow and shoulder
- Anterior minimally invasive surgery for hip replacement
- Quadriceps muscle-sparing knee replacement surgery
- Robot-assisted partial knee resurfacing and total knee replacement (MAKOplasty)
- Joint revisions
- Birmingham hip resurfacing
- Shoulder replacement

At age 44, Donny is younger than most people who have total hip replacement surgery. He was born with a hip deformity that caused arthritis pain and made everyday activities virtually impossible.

Donny had MAKOplasty total hip replacement of both hips.

The MAKO system guides the surgeon to ensure precise positioning, which leads to a more durable and long-lasting hip. Since the surgeries, Donny says the pain is gone. He is sleeping through the night, working full-time and walking more than two miles a day.
SPORTS MEDICINE

JOI physicians and surgeons provide comprehensive, coordinated care for the orthopaedic and musculoskeletal issues that sideline professional athletes from the Jacksonville Jaguars, the Jacksonville Sharks, the Jacksonville Armada, the Jacksonville Jumbo Shrimp, and the Jacksonville Axemen. We are also proud to be on the field at area high schools, colleges and universities.

By working with these professional and elite athletes, our physicians and staff improve the quality of care they can offer patients and athletes of all levels – from weekend warriors to triathletes.

Our skilled multidisciplinary team of orthopaedic surgeons, physicians and physical therapists use the latest innovative techniques to return patients to their desired activity level, safely and successfully. Our sports medicine staff treats common overuse and misuse injuries seen in amateur, college and professional athletes, such as strains, fractures and tendonitis.

We focus on returning athletes to the field using cutting-edge procedures and technologies, including minimally invasive techniques, that reduce post-operative pain and recovery time.

We also employ the largest number of athletic trainers in the Jacksonville area, specializing in the prevention, evaluation and treatment of injury and illness in the athletic and physically active population.

**Areas of focus include:**

- Sprained/twisted ankle
- Shoulder dislocation
- Tennis/golfer’s elbow
- Labrum injuries
- Meniscal tear
- ACL tear
- Biceps/achilles ruptures
- Tommy John elbow reconstruction
- Hip arthroscopy/labrum tears
- Meniscus cartilage repair
- Rotator cuff disorders
- Concussion management
- Sport performance enhancement
- Platelet-rich plasma (PRP)

**Destinee thought she would never play softball again.** She fell and injured her knee while trying to catch a softball and had to have her ACL, MCL (medial collateral ligament) and meniscus reconstructed. She underwent an allograft ACL reconstruction, using a cadaver graft, as opposed to using her own tendon, so the incisions were smaller. After recovering, Destinee was able to start on the softball team at the College of Central Florida.

**JOI: Where the pros go.**
Arthroscopy
Minimizing the impact of diagnosis and treatment on patients.

For a safer surgery and a faster recovery, orthopaedic surgeons at JOI turn to minimally invasive procedures, like arthroscopy, when possible. Arthroscopy uses pencil-thin instruments containing a small lens and lighting system to visualize, diagnose and treat problems inside a joint. Currently, the most common joints treated arthroscopically include the knee, shoulder, elbow, ankle, hip and wrist – but as technology and orthopaedics procedures advance, other joints may be added.

This procedure allows our surgeon to see the muscles, tendons, ligaments, bones and cartilage to make a diagnosis without the need for invasive exploratory surgery. Benefits of arthroscopy include smaller incisions, faster healing, quicker recovery and less scarring.

When performing a “scope,” surgeons make a small incision around the joint area, and the arthroscope is inserted into the joint. Then, our surgeons use a sterile solution to enable easy viewing, and to allow room for the surgical instruments to probe various parts within the joint.

Through the scope, our surgeons can remove bone spurs, fix cartilage damage, stabilize unstable shoulders, and repair rotator cuff, biceps tendon, and shoulder labral tears. In a knee arthroscopy, diagnosis and treatment of the following injuries can be made: a torn anterior or posterior cruciate ligament, a torn meniscus (the cartilage between the bones in the knee), patellar pathology, and pieces of torn cartilage that are loose in the joint.

Areas of focus include:

- Knee (meniscal tears, torn or worn cartilage, cruciate ligament tears with instability)
- Hip (labum surgery, impingement syndrome)
- Elbow (loose cartilage bone fragments, bone spurs)
- Wrist (carpal tunnel syndrome)
- Meniscus debridement (TFCC)
- Shoulder (rotator cuff tear, impingement syndrome, recurrent dislocations)
- Ankle (removal of inflamed lining, or synovium), loose bodies, and treatment of fractures that involve the joint surface.

Arthroscopy is less traumatic to the muscles, ligaments and tissues, which allows patients to return home on the same day as the procedure.
Hand and Upper Extremity
Reaching higher standards of care with personalized treatments and superior outcomes.

How well the hand, wrist and upper extremities function depends on a complex network of vessels, bones, nerves, muscles and tendons. It is essential that the interplay between muscle, bone, the hand and wrist be smooth and seamless.

Our team uses a multidisciplinary approach where surgeons and physical and occupational therapists work collaboratively to diagnose and treat a wide range of hand and wrist conditions.

Because of the complexity of the upper extremities, treatment requires a high level of personalized care to ensure superior outcomes and faster recovery times. Our orthopaedic surgeons utilize skills and experience gained from years dedicated to treating patients and problems of the hand, wrist, elbow, arm and shoulder. With state-of-the-art surgical and non-surgical techniques, the surgeons treat common upper extremity pain and injuries as well as very complex reconstructive conditions. They also routinely use the newest advances in technology, such as arthroscopic and microsurgical techniques, to assist in management of hand and wrist injuries.

Every year, our team sees patients who would not benefit from a conventional shoulder replacement. For those patients, we offer the newest development to help them relieve chronic pain: the reverse total shoulder replacement. This procedure is used when the rotator cuff is beyond repair and there is arthritis in the joint as well.

When possible, our physicians offer minimally invasive procedures for surgery with a lower risk of complications and a faster recovery time, such as endoscopic carpal tunnel release and needle aponeurotomy for Dupuytren’s disease.

Our physicians work closely with certified hand therapists and physical therapists to provide a full range of physical and occupational therapy treatments for hand pain, injuries, trauma and post-surgery care.

Areas of focus include:
- Carpal tunnel syndrome
- Tendon injuries
- Finger joint replacements
- Hand arthritis care
- Excision of lumps and bumps/ganglion cysts
- Tennis/golfer’s elbow
- Trigger finger
- Wrist fractures
- Surgery for fractures that haven’t healed
- Dupuytren’s Contracture
- Broken or fractured finger
- Wrist injury
- Fusions or joint replacement procedures for the shoulder, elbow, wrist, thumb and fingers
- Endoscopic carpal tunnel release
Foot, Ankle and Lower Extremity

Understanding the careful balance and complex system that supports the body’s weight.

Each foot and ankle has 29 bones, making it one of the most complex regions of the body to treat. JOI’s board-certified, orthopaedic physicians and surgeons are highly trained in the complexities of the lower extremities to get you back on your feet again.

We are the authority on treating injuries, such as ankle sprains, hamstring strains, shin splints, knee contusions, plantar fasciitis, Achilles tendinitis, and anterior knee pain, using the most innovative options available. By working with the patients’ care team, including primary care physicians, we are able to pinpoint the causes of conditions and work to find the best solutions to get patients pain-free and active again.

Fortunately, many conditions can be remedied through non-surgical treatment, such as medications, orthotics, bracing and physical therapy. This conservative approach is always our first option and can often provide relief needed.

If conditions are more serious, such as tendon, ligament or bone injuries, arthritis or acute/chronic conditions, patients can count on our comprehensive and patient-centered approach to find the best solution for their particular condition. Our team of physicians, certified athletic trainers, physical therapists, occupational therapists and massage therapists all work together to help patients overcome injury and stay healthy and active.

We offer the latest treatments, such as biologic patches for cartilage repair, as well as minimally invasive or arthroscopic surgery to minimize scarring and reduce recovery time.

Areas of focus include:

- Foot deformities from previous fractures, overuse and arthritic conditions
- Morton’s neuroma
- Bunion
- Problems of the heel, ankle and toes
- Total ankle replacements for severe arthritis
- Fractures, including stress fractures
- Crushed toe
- Plantar fasciitis
Spine, Back and Neck
Precise treatments provide relief from pain and restore mobility.

Spine, back and neck pain can be excruciating and debilitating. Our team is dedicated to finding, treating and relieving the source of pain, utilizing all treatment options before surgery is considered. Much of the time, education, ultrasound, massage, heat and physical therapy can provide relief. We have two Spine Centers to provide relief for patients experiencing back or neck pain. At these centers, our experienced spine therapists work directly with our spine surgeons and physiatrists to coordinate care and offer the best treatment possible. Our services include medical lasers, medical massages, and acupuncture.

To stay on the leading edge of new treatments and techniques, our therapists, clinicians and spine surgeons meet regularly to implement technological advances with state-of-the-art practices. This team approach also improves treatment protocols for the best possible outcome for spine patients.

When a patient cannot get the relief needed, our board-certified spine surgeons can provide surgical solutions for optimum outcomes. Advanced imaging, using a C-arm scanner, enable our surgeons to obtain a more detailed look at complex nerves and arteries to ensure the most effective and precise surgical solutions. Many patients are able to have minimally invasive surgery performed in an outpatient setting.

Areas of focus include:

- Weakened vertebrae from osteoporosis causing fractures to occur
- Degenerative scoliosis (sometimes associated with back/leg pain)
- Work-related injuries
- Facet disease
- Spondylolisthesis (slippage of one vertebra over another)
- Annular tear or disc disruption (herniation)
- Degenerative disc disease, chronic and persistent low back pain and disability
- Revision surgery
- Crushed vertebrae
- Lumbar strains/spasm
- Spinal fusion
- Microdiscectomy
- Artificial disc replacement

JOI has designed a vertically integrated network for patients in all aspects of the recovery process. JOI’s orthopaedic spine physicians, physical therapists, physiatrists, along with a dedicated spine center are among our services provided under one roof. This means patients receive unmatched care that is individually tailored to get them back on the road to recovery.
Nerve Treatments
Getting to the root of the problem to alleviate pain and treat nerve injuries.

When nerve pain occurs, it can be piercing. The sharp and shooting pain can prevent patients from performing everyday tasks, let alone enjoying sports and recreational activities.

Pain management
JOI has highly trained physiatrists who treat a variety of conditions that affect the brain, spinal cord, nerves, joints, ligaments, bones, muscles and tendons. Our expert physiatrists specialize in pain management, such as image-guided injections, interventional spine treatments, platelet-rich plasma injections, and radio frequency ablation. Our expertise in physical modalities, interventions and medications is essential in treating non-operative pain conditions.

Pinched nerve conditions
One of the most common conditions that cause nerve pain is a pinched nerve. This occurs when surrounding tissue compresses the nerve, limiting its ability to function properly. Depending on where the pinched nerve occurred, symptoms are usually felt in either the arms or the legs. These symptoms include a feeling of pins and needles, numbness, tingling and pain that radiates along the nerve path. The longer the nerve remains compressed the greater the chance of permanent damage. Because of this, it is important to seek treatment as soon as the condition is diagnosed.

Sciatica, cervical, lumbar and thoracic radiculopathy are all pinched nerve conditions that usually respond to one of our many pain management solutions.

Nerve injuries
Nerve injuries can occur as a result of pressure, stretching or cutting. These injuries can stop signals to and from the brain, causing muscles not to work properly, and numbness in the injured area. Nerve injuries that involve broken nerve fibers or cut nerves may require surgery. This involves sewing the nerve ends back together so the inner nerve fibers grow and can function again.

When the reason for the pain or weakness is not clear, we employ electrodiagnostic testing to determine the cause. This type of testing includes nerve conduction studies and testing of the muscles, referred to as electromyography. These studies can also determine the severity of a nerve injury or if other conditions are occurring.

Peripheral neuropathy
Peripheral neuropathy, a result of damage to nerves of the arms and legs, often causes weakness, numbness and pain, usually in the hands and feet (e.g. carpal tunnel syndrome). It can also affect other areas of the body. People with peripheral neuropathy generally describe the pain as stabbing, burning or tingling. In many cases, symptoms can be improved by providing treatment early.

In some cases, limb function can be restored by microsurgical techniques to join or repair damaged blood vessels and nerves. Microvascular surgery also can help patients avoid amputation.

Areas of focus include:
- Image-guided injections (facet injection, epidurals, nerve blocks, and other injections)
- Electrodiagnostic studies (EMG/NCV)
- Interventional spine
- Radio frequency ablation
- Surgical correction of carpal, cubital, or tarsal tunnel syndrome
- Microsurgical nerve repair and grafting
Successful treatment of a bone fracture requires excellent and experienced orthopaedic care. While we have been treating fractures since 1992, our treatments and techniques are continually being updated and refined with the latest technology and training.

At JOI, treatment of a fracture is focused on restoring function as fully and quickly as possible. Fortunately, many fractures will heal without surgery, but for some fractures, surgery is the best option. Many times, surgery will lead to a more complete recovery and allow for better function.

When most people think of fractures, they usually imagine the type of fracture caused by trauma, such as a fall, a car accident or a being hit with an object. Fractures are also caused by less obvious conditions, such as osteoporosis and overuse. Overuse fractures typically result in stress fractures, which are more common in athletes.

Many times, our experts can treat fractures in a minimally invasive way, eliminating the need for open surgery. Often a fracture will occur in conjunction with other injuries. When that happens, we work closely with a patient's specialists to ensure care coordination, which is vital to obtaining the best outcomes.

Areas of focus include:

- Stable fractures
- Open, compound fractures
- Fragility fractures secondary to osteoporosis
- Bone joint fractures
- Bone shaft fractures
- Spiral fractures
- Pathological fractures
- Nonunions
- Malunions

Sometimes, a routine fracture will take longer than usual to heal or will not heal correctly. JOI fracture care specialists can intervene in these cases to make sure your injury heals and you have a full return to your prior level of function.
Ortho-oncology
A comprehensive approach to diagnosis and treatment of musculoskeletal tumors and infections.

JOI recently partnered with Baptist MD Anderson Cancer Center to strengthen orthopaedic cancer services to our comprehensive, cutting-edge diagnostic capabilities and treatment services.

A multidisciplinary team, including an orthopaedic oncologist, working with musculoskeletal radiology, pathology and other specialists, provides comprehensive examination and treatment of patients with benign or malignant tumors in the bone and soft tissue, including sarcomas, bone metastases, and pathologic fractures. There are only a few programs of this level of expertise in the United States.

Our orthopaedic oncology team offers the latest treatment options available, with the goal to preserve healthy bone and tissue and perform surgeries that avoid the need for amputation. Limb-sparing surgery has become the standard of care for patients with sarcomas of the extremities. Sarcomas develop in certain types of tissues, and soft tissue sarcomas can grow in fat, muscle, nerves, fibrous tissues, blood vessels or deep skin tissues.

To provide timely, individualized treatment plans, our team meets regularly to discuss each patient’s case. We also work closely with the patient’s primary care physician to deliver the best care possible – from diagnosis to treatment and beyond.

Areas of focus include:
- Benign tumors in the bone or soft tissue
- Bone cancers
- Soft tissue sarcoma
- Metastatic disease
- Bone infections
- Complex issues of connective tissue
- Pathologic fractures

Orthopaedic oncology, the management of musculoskeletal tumors, is a relatively newer subspecialty. Recent years have seen rapid gains in this field.
Physical Rehabilitation
Helping patients return to active lives.

JOI provides physical rehabilitation expertise in orthopaedic, sports and work-related injuries. Our dedicated staff includes physical therapists, physical therapy assistants, occupational therapists, massage therapists and certified athletic trainers who work together and with physicians to provide every patient with comprehensive, coordinated care. We also staff the highest number of certified hand therapists in the region.

With more than 83 clinicians and 12 convenient locations, we offer a variety of therapy programs to get patients back to work and to their desired activity level. Patients are treated on a case-by-case basis, requiring physicians and therapists to develop personalized treatment plans that target every patient’s unique needs.

To treat soft tissue dysfunction and injury, we can incorporate the Graston® technique into our physical therapy treatment protocols for conditions like tendinitis, ligament sprains and muscle strains. This helps to mobilize a patient’s soft tissue while he or she performs rehabilitative exercises – ultimately decreasing treatment time and improving functional outcomes.

At our San Marco location, the AlterG® Anti-Gravity Treadmill® is a pain-free way to restore natural gait, range of motion and balance for athletic training and post-surgery injury and rehabilitation. Precise unweighting allows patients to walk or run at anywhere between 20 and 100 percent of their body weight. The AlterG® lets patients adjust until the movement becomes painless, lowering the impact on joints and muscles during the exercise. Using innovative NASA-patented technology, the AlterG® is ideal for all types of athletes, including top-level professionals, weekend warriors and university and high school athletes. The treadmill helps our local athletes push training sessions further with less risk of injury, maintain fitness while rehabilitating, and potentially gets them back on the field sooner.

Our physicians, certified athletic trainers and therapists work as a team to provide sports medicine for the Jacksonville Jaguars, the Jacksonville Sharks, the Jacksonville Armada, the Jacksonville Jumbo Shrimp, and the Jacksonville Axemen, Jacksonville University, Florida State College of Jacksonville, and an array of local high schools.

Services include:
- Physical therapy
- Occupational therapy
- Hand therapy
- Spine Center (massage therapy/acupuncture)
- Customized hand/upper extremity splints and braces
- Customized foot orthotics
- Graston® technique soft tissue mobilization
- Isokinetic assessments/Biodex assessments
- Medical laser therapy
- AlterG® anti-gravity treadmill
- Spine/back educational programs
- Sports injury rehabilitation
- Throwing programs
- Work injury rehabilitation
- Biomechanical assessments: cycling, running, tennis, golf, throwing
- Sports performance evaluations
Providing orthopaedic care to the community extends beyond JOI’s walls. The JOI Foundation, founded in 2015, provides charitable orthopaedic and volunteer services to community organizations, including Sulzbacher Center for the Homeless, Patrick Heinold Foundation, Humane Society and Police Athletic League.

The purpose of The JOI Foundation is to make a difference in our community and help to improve the overall wellbeing of hundreds of individuals in the North Florida area. The Foundation, with the help of generous donors, uses this fund to provide support for outreach programs which benefit individuals and groups in need of services, equipment and basic daily necessities. One hundred percent of all donations are used for charitable activities.

Events like sponsoring the Blake Bortles Football Camp have become annual traditions. JOI sponsors and provides volunteers and athletic training services at the non-contact camp, which is free for boys and girls age 5 – 16. Area high school and college coaches lead campers through traditional football drills and activities, with Bortles and surprise guests assisting throughout the morning, bringing joy and excitement to local kids.

JOI partners with Sulzbacher Center to host Souls 4 Soles, an annual event to provide free foot screenings and footwear to homeless Sulzbacher residents. Over the years, JOI has joined 37 sites in 34 U.S. cities to help relieve foot problems experienced by the homeless. JOI physicians and staff welcome clients, wash and examine their feet, place new warm socks and fit new shoes just in time for the holidays.

Here’s a sampling of more volunteer work JOI does in our community:

- Participating in the WeCare organization providing medical care to those in need;
- Providing orthopaedic talks to members of the community at no charge;
- Sponsoring and participating in major national and local events based in Jacksonville, and
- Helping to found The Jacksonville Sports Medicine Program and being a vital part of this organization dedicated to helping our young athletes.

JOI partners with nonprofits and community organizations to change lives in a meaningful way – it’s a lifelong relationship between JOI and the community.
Our team of orthopaedic specialists