



# THE SHOULDER CENTRE

LOCATED AT ROUGE VALLEY HEALTH SYSTEM



Dr. Joel Lobo uses a monitor to perform arthroscopic shoulder surgery at Rouge Valley Ajax and Pickering hospital.

Imagine not being able to work or run your business; or that you are a grandparent who cannot push their grandchild on a swing.

Imagine not being able to brush your teeth; or that you are a weekend warrior who has to watch your teammates from the bench.

Imagine not being able to sleep through the night; or that you are a paramedic who cannot lift a stretcher.

Yet, it is a common complaint that patients endure 12-18 months of unrelenting shoulder pain while receiving unnecessary diagnostic tests, ineffective medications, unsuccessful physiotherapy sessions and repeatedly returning to their family physician before finally reaching a shoulder surgeon.

David Cicchelli doesn't have to wonder what it's like. A few years ago, decades of playing football, hockey and baseball had finally taken its toll on his shoulder. From not being able to sleep well to having to take a timeout from the sports he loves, David had to hit life's pause button due to the pain.

After being assessed by Rouge Valley's orthopaedic surgeon Dr. Joel Lobo, David underwent very successful surgery to repair shoulder and bicep tears.

Surprisingly, surgery is the answer to only one in twenty shoulder problems. The majority of issues can

actually be solved through non-surgical interventions that do not automatically require a surgeon's attention.

That's why Rouge Valley's own orthopaedic surgeons have designed The Shoulder Centre to transform the way shoulder pain is treated, using innovation and technology to redefine and shorten the patient journey like no other hospital in the country.

"I received amazing shoulder care from Rouge Valley's surgical staff, and I want to make sure that other patients can also easily access that high level of treatment when they need it. That's why

I have personally committed to helping make The Shoulder Centre into THE destination for shoulder care, both in our community and throughout the province," says Mr. Cicchelli. He is part of the volunteer Cabinet - whose members include local business leaders - that is raising \$1.25 million for the Centre as well as working to develop The

Shoulder Centre into an efficient and cutting edge health centre.

Set to officially open its new dedicated space at Rouge Valley Ajax and Pickering hospital later this month, the Centre has already developed a new intelligent algorithmic tool that guides a family physician through better assessment of their

**"I received amazing shoulder care from Rouge Valley's surgical staff"**  
- David Cicchelli

## Key Facts & Figures:

**Q.** How many patients in the Central East LHIN go to their family doctor for shoulder complaints?

**A.** Approximately 30,000 per year

**Q.** Has The Shoulder Centre reduced the average wait time for specialized services?

**A.** Yes! Lengthy wait times have been shortened to 2-4 weeks

**Q.** How many patients with a shoulder complaint require surgery?

**A.** Only approximately 4-5%

**Q.** How many patients receive service for shoulder treatment outside the Central East LHIN?

**A.** It is estimated that only about half of all patients with shoulder complaints are going to their local community hospital for surgery

**Q.** Where does RVHS rank in the province based on the number of shoulder surgeries performed?

**A.** Currently, RVHS ranks within the top five providers of OHIP-funded shoulder surgeries

patient's shoulder pain before referral to The Shoulder Centre.

And in order to streamline the patient journey, this detailed report helps determine which member of the Centre's multidisciplinary shoulder specialist team will take charge of the patient's care.

Whether the treatment is a cortisone injection performed by the sports medicine physician, a custom exercise program crafted by the physiotherapist or surgery booked with the orthopaedic surgeon, the patient will not have to wait to receive the best care from the most suitable shoulder expert, and will become pain free quicker

When your life is on pause due to pain, you deserve to press the play button quickly so you can return to living and working pain free.

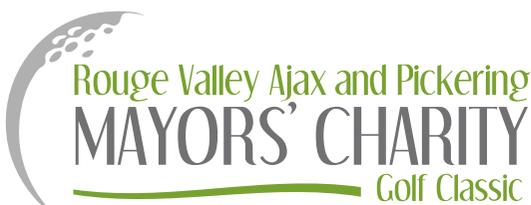
For more information about The Shoulder Centre or to download the referral form for your family physician,

[www.theshouldercentre.ca](http://www.theshouldercentre.ca)

Since 1996, golfers have been teeing off in support of their community's health care.

Over the past two decades, the Mayors' Charity Golf Classic has raised in excess of \$2.8 million to help purchase state-of-the-art equipment and build new clinical spaces at [Rouge Valley Ajax and Pickering hospital](http://Rouge Valley Ajax and Pickering hospital).

From the anesthetic gas machine funded by the inaugural tournament in 1996 to the baby warmers purchased in 2015, the generosity of the sponsors & players has impacted all the hospital's departments.



September 15, 2016 | Cherry Downs Golf & Country Club

This year, the tournament is supporting The Shoulder Centre at Rouge Valley Ajax and Pickering hospital - for more information or to download a referral form visit [www.theshouldercentre.ca](http://www.theshouldercentre.ca)

Contact the RVHS Foundation to be part of the action as a sponsor or foursome  
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