



GRUCA ORTHOPAEDIC AND TRAUMA TEACHING HOSPITAL

CENTRE OF POSTGRADUATE MEDICAL EDUCATION



OTWOCK/POLAND



Our mission

Providing health care services to patients and carrying out teaching activities in accordance with the best achievements of medical expertise and highest quality standards.



Our Certificates

Our hospital holds a certificate of accreditation standards for hospitals. The Certificate of the Minister of Health confirms that Adam GrUCA Teaching Hospital, CPME meets accreditation standards for hospitals.

We also have certificates in providing hospital, outpatient and emergency room health services for children and adults in the field of orthopaedics and musculoskeletal injuries, anaesthesiology and intensive care, diagnostic imaging and rehabilitation (physical therapy, kinesitherapy and systemic rehabilitation) confirming compliance with the following norms:

ISO 9001:2015 Quality management system,

ISO 14001: 2004 Environmental management system.

We provide fully professional medical care from the moment of admission until the process of diagnosis, treatment and rehabilitation is completed to meet the needs and expectations of our patients and ensure their safety.



Ladies and Gentlemen,

Adam Gruca Teaching Hospital, Centre of Postgraduate Medical Education, Otwock is a facility that combines decades of Polish orthopaedic tradition and a vast expertise and knowledge of doctors currently working in it. We are the largest orthopaedic hospital in Poland and a major one in this part of Europe. The last few years have been dedicated to the expansion and modernisation of the hospital. The result is a modern, multi-ward hospital with operating units dedicated to both adults and children and excellent diagnostic and laboratory facilities.



We carry out scientific and teaching activities. The doctors from our hospital attend both national and international congresses and conferences. International symposia and conferences are also held by our four departments.

A solid team of doctors, nurses and other specialists, i.a. imaging and laboratory technologists, and physiotherapists, ensure a proper functioning of the hospital and quality of provided services.

In 2015 we launched a modern Rehabilitation Centre providing rehabilitation services to our patients, who can leave our Hospital fully recovered.

Welcome to our site!

**Hospital's Managing Director
Mieczysław Błaszczyk, MD, PhD**



Departments

There are four independent departments, each profiled toward different goals, involved in treating patients and scientific activity. They conduct residency training and speciality training courses. They cooperate with research centres, both local and foreign.

- ◆ **Department of Orthopaedics, Children's Orthopaedics and Traumatology** consists of the following wards: Children's Orthopaedics and Traumatology and Adult Orthopaedics. It is unique not only in Poland, as its team treats children, including infants, as well as adults.
- ◆ **Department of Orthopaedics** consists of the following wards: Bone Infections; Pelvic Fractures and Pathology, and Spine Surgery. It specializes in the treatment of the hip and knee joint pathologies in the area of prosthetics, and using natural i.e. biological methods.
- ◆ **Department of Traumatology and Orthopaedics** consists of the following wards: General Traumatology, Upper Limb Trauma, and Knee Injury. Besides trauma surgery, it specializes in the treatment of complications after surgery and after conservative treatment in other centres.
- ◆ **Department of Orthopaedics and Rheuma-Orthopedics**, a part of which is Rheuma-Orthopedic Ward, deals mainly with surgical treatment of patients afflicted with osteoarthritis of the hip and knee and degenerative disc disease. The department also provides rheuma-orthopaedic treatment of the peripheral joints.



Treatment

Adam Gruca Teaching Hospital provides comprehensive treatment in the field of musculoskeletal surgery in adults, children and adolescents.

➤ Upper limb surgery

We specialize in treatment of the upper limb: shoulder, elbow, wrist and hand.

We perform:

- total replacement of the shoulder, elbow and radial head,
- release of elbow contracture,
- simple and complex arthroscopic surgery of wrist injuries,
- arthroscopic surgeries of the shoulder after injury, for ligament repair, to treat osteoarthritis and overuse injuries.

We treat:

- patients with rheumatoid changes in the small joints of the hand.

Radial head endoprosthesis implanted in our hospital is a creation of doctors of the Department of Traumatology and Orthopaedics and scientists of Warsaw University of Technology.



➤ Lower limb surgery

We specialize in the treatment of: the hip, knee and foot joints in adults.

We perform:

- ❖ primary arthroplasty of the hip and knee and revision surgeries in case of aseptic and septic loosening,
- ❖ periacetabular osteotomy in patients with residual hip dysplasia,
- ❖ arthroscopic and surgical treatment of the femoroacetabular impingement,
- ❖ corrective surgeries of pelvic deformations resulting from the wrong previous treatment of the pelvis,
- ❖ arthroscopic treatment of ligament tears after knee and ankle injuries, post-injury osteoarthritis and overuse injuries,
- ❖ multi-faceted reconstruction of the knee,
- ❖ reduction and fixation of pelvic fractures, hip arthrodesis conversion for total arthroplasty and surgical removal of periarticular ossifications,
- ❖ reconstructive surgeries of congenital and acquired foot deformities: clubfoot, flatfoot, pes cavus and bunion,
- ❖ complex reconstructive operations within the foot, i.e. within ligaments, resulting from chronic instability of the ankle joint.

We treat:

- acetabular, pelvic and sacral bone fractures,
- lower limb disorders after acetabular and pelvic fractures,
- periprosthetic fractures,
- rheumatoid arthritis of the hip, knee and foot joints and foot deformities of rheumatoid origin.



➤ Spine surgery

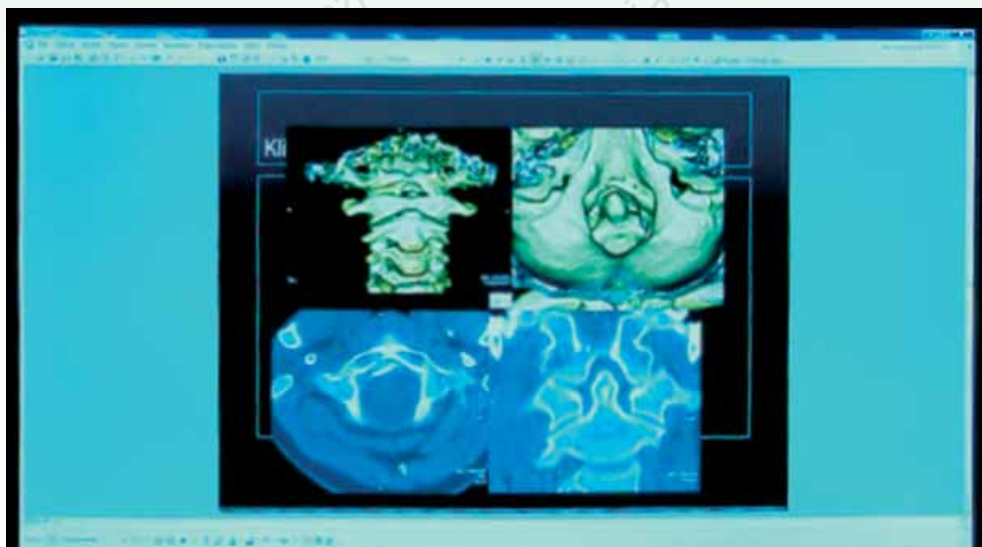
We specialize in the treatment of patients with scoliosis and spine disorders.

We perform:

- surgeries of lumbar stenoses and lumbar disc disorders with and without the use of spine implants,
- surgeries of cervical stenoses and cervical disc disorders with the use of implants and "artificial discs".

We diagnose and treat:

- bacterial inflammation of the spine and diseases of the spine in all its sections,
- early and late post-traumatic deformities of the spine,
- disc disorders and spondylolisthesis in the lumbosacral spine.



GRUCA ORTHOPAEDIC AND TRAUMA TEACHING HOSPITAL CPME

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➤ Musculoskeletal surgery in children and adolescents

We specialize in the treatment of musculoskeletal diseases in children and adolescents up to 18 years of age. Our hospital admits children and adolescents to emergency room round-the-clock.

We routinely perform procedures in the following areas:

- ❑ treatment of bone and joint injuries,
- ❑ treatment of bone and joint inflammation,
- ❑ treatment of musculoskeletal deformities, also in the course of cerebral palsy, myelomeningocele, arthrogryposis etc.,
- ❑ treatment of congenital malformations of the lower limb.

We also perform corrective surgeries of spine curvatures.

Another important area of our activity is limb lengthening and correction procedures with the use of external fixators, Taylor spatial frame and Ilizarov apparatus. They are performed in patients with congenital defects associated with amelia (absence or hypoplasia of the fibula) and malformations in bone tissue diseases. The treatment also includes acquired defects in children resulting from bone and joint inflammation that developed during the most critical periods: neonatal and infancy.



Diagnostic imaging and laboratory diagnostics

Our hospital operates equipment enabling versatile diagnostic imaging of any organ. **Department of Diagnostic Imaging** uses e.g. CT scanners, MRI, digital X-ray cameras and ultrasound machines with all the available options (Doppler imaging, evaluation of the tissue elasticity, ultrasound elastography etc.), as well as apparatus for bone density examination. A 16-slice CT scanner enables e.g. bone structure, joint and soft tissue assessment.

Department of Laboratory Diagnostics meets European standards for sensitivity and specificity of methods used in laboratory tests. It implements unique procedures, i.a. preparation of platelet-rich plasma products, which are used in orthopaedic patients.

Every year, over 200 thousand tests are performed here.

Anaesthesiology and intensive care

Physicians of the Anaesthesiology and Intensive Care Unit:

- provide anaesthesia for surgical procedures,
- perform analgesia in patients in the perioperative period,
- deal with patients with life threatening conditions,
- provide anaesthesia and monitor vital signs in patients during diagnostic procedures.

During the operation, the safety of the patient is ensured by an experienced specialist in anaesthesia and intensive care and nurse anaesthetist. Patients' recovery is closely monitored by modern monitoring systems.



Rehabilitation

Our Rehabilitation Centre rehabilitates patients after:

- surgery, most commonly after arthroplasty of the hip and knee,
- arthroscopic treatment, i.e. multifaceted reconstruction of the knee,
- non-operative treatment – this applies mainly to patients with osteoarthritis of the spine and joints and patients with neurological disorders,
- surgical management of multiple injuries.

If necessary, patients are consulted by: an internist, vascular surgeon, dermatologist or psychiatrist and psychologist. We can also provide a consultation with a nutritionist, who will prepare an individual diet for a patient.

The department performs kinesitherapy procedures, also on individual basis, as well as physiotherapy and hydrotherapy – in full range. Our patients have access to a dynamic platform for balance and proprioception, a membrane massage bed for dry massage, and exoskeleton enabling movement for people with limb paralysis due to disease or injuries.



ADAM GRUCA TEACHING HOSPITAL, CPME, OTWOCK

– modern hospital in the heart of Poland

We offer:

- Comprehensive treatment in the field of musculoskeletal surgery in adults and children.**
- Comprehensive rehabilitation after surgery, trauma and in osteoarthritis of joints and spine.**




We provide:

- Consultations and surgical procedures in the field of orthopaedics.**
- Full diagnostics of the musculoskeletal system.**
- Care of highly qualified medical staff: doctors, nurses and physiotherapists.**

**Our hospital admits patients
with musculoskeletal injuries
round-the-clock.**

PLEASE VISIT US!

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