

John J. Lichardi, R-PAC

Physician Assistant to Dr. Steven F. Harwin

- *Specializing in the non-operative treatment of hip, knee and shoulder disorders*
- *More than twelve years experience treating orthopaedic conditions including arthritis, sports injuries, rotator cuff problems and related disorders*
- *Senior Physician Assistant at Beth Israel Medical Center*
- *Personally trained assistant to Dr. Steven F. Harwin, a “Best Doctor in America” “Best Doctor” in New York and “New York Super Doctor”*
- *Research assistant to Dr. Harwin for peer-reviewed articles, lectures and book chapters*
- *Author of clinical treatment protocols for hip, knee and shoulder disorders*
- *Nationally recognized clinical coordinator for hip and knee replacement studies*
- *Offering “state-of-the-art” treatment*

For more information please visit our website at www.drharwin.com

John J. Lichardi, R-PAC

Orthopaedic Medicine and Surgery

Specializing in
Hip, Knee and Shoulder Disorders



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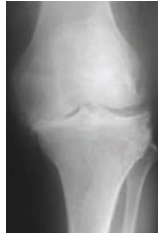
Physician Assistant to
Steven F. Harwin, MD, FACS

*“Best Doctor in America”
“Top Surgeon in America”
“Best Doctor” in New York
“New York Super Doctor”*

About Our Practice

Office Evaluation and Treatment

You are here today to be seen and evaluated by *John J. Lichardi, R-PAC*. He will talk with you, take a history of your problem and perform a physical examination. X-Rays will be taken by our orthopaedic radiology technician and John will review them. A preliminary diagnosis will be made and a treatment plan will be formulated and discussed.



Many orthopaedic conditions can be effectively treated using state-of-the-art modalities such as medications, anti-inflammatory and visco-supplementation injections and physical therapy. Surgery is recommended only after other options are considered.

Often an MRI (Magnetic Resonance Imaging) scan of the joint will be ordered in order to further evaluate the joint and to learn if a significant problem exists.

Dr. Harwin will review the MRI and we will contact you with the results. You will be asked at that time to return to the office for discussion and re-evaluation. Dr. Harwin will explain the X-rays and MRI to you and use models to demonstrate your condition. If surgery is not required, then non-operative measures will be prescribed. If a surgical procedure is indicated, he will explain to you the benefits, risks and alternatives, as well as the rehabilitation process and the expected goals and activity level you can expect following the operation.



Surgical Aftercare and Follow-Up

If you have had surgery, your first follow-up office visit is usually with John Lichardi, about 10-14 days after surgery. Not only does John have special knowledge of post-operative care, but he has the additional experience of having assisted Dr. Harwin on thousands of surgical procedures just like yours. He knows just how a normal post-operative course should progress and is vigilant to observe any potential problem.

He will examine the surgical site to make sure it is healing properly. He will discuss with you the prescribed post-operative protocol, exercise and physical therapy program if needed. In most cases, if surgical sutures or staples were used, they will be removed at this visit.

Your next visit will be with Dr. Harwin, usually about 3-6 weeks after your surgery. If you feel that you are not progressing satisfactorily, then call the office to arrange to be seen sooner.

If you have any questions about your evaluation, treatment plan and progress, please contact us. For more information about the practice please visit our website at www.drharwin.com.



Dr. Harwin with implants he helped design.



Beth Israel Medical Center

Beth Israel Medical Center, located on 1st Avenue at 16th Street has been named a "Best Hospital for Orthopaedic Surgery" by New York Magazine, "Best in Manhattan for Overall Orthopaedic Services" and "Best Quality for Total Joint

Replacement" by HealthGrades®. The Orthopaedic Service at Beth Israel is a state-of-the-art unit with a dedicated staff of specialized nurses, therapists and social service specialists. Our unique program includes pre-operative educational classes and an orthopaedic concierge to help facilitate your stay for you and your family.

Steven F. Harwin, MD, FACS

Dr. Harwin is Chief of Adult Reconstructive Surgery and Total Joint Replacement at Beth Israel Medical Center and Associate Professor of Orthopaedic Surgery at the Albert Einstein College of Medicine. He has designed total hip and total knee implants and instruments that are used world-wide. Dr. Harwin is a member of the editorial board of several publications, including the Journal of Arthroplasty, Orthopedics and the Journal of Knee Surgery. He is board certified and a member of many professional societies, including the American Association of Hip and Knee Surgeons, the American College of Sports Medicine and the American Academy of Orthopaedic Surgery.

John J. Lichardi, R-PAC

John Lichardi earned a B.A. degree from the University of California and a B.S. degree from the College of Staten Island. He graduated from Bayley Seton Hospital's renowned Physician Assistant Program and is board certified. He has more than twelve years experience in the field and has been working side-by-side with Dr. Harwin since 2001. Together, they have developed effective treatment protocols for many orthopaedic conditions. He is a thought leader in his field and conducts several clinical research projects that monitor the outcomes of hip and knee replacements.