

**Mason General Hospital**

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 Toll free (855) 880-3201, TTY/TDD (360) 427-9593  
 Equal Opportunity Provider.  
 Translation Services Provided / Se ha bla español.

[www.MasonGeneral.com](http://www.MasonGeneral.com)

**Approved by the Joint Commission**

**Health Care's Most Wired Hospital for seven consecutive years!**

**MGH Ankle & Foot (5)**

1812 N 13th Loop Rd.  
 Shelton, WA 98584  
 (360) 427-0366

**MGH Eye Clinic (2)**

2300 Kati Court, Ste. C  
 Shelton, WA 98584  
 (360) 426-8717

**MGH Family Health (6)**

1812 N 13th Loop Rd.  
 Shelton, WA 98584  
 (360) 426-3862

**MGH Hoodspport Family Clinic (10)**

24261 N US Highway 101  
 PO Box 279  
 Hoodspport, WA 98548  
 (360) 432-7781

**MGH Mountain View Women's Health (1)**

2300 Kati Court, Ste. A  
 Shelton, WA 98584  
 (360) 426-0955

**MGH Oakland Bay Pediatrics (8)**

247 Professional Way  
 Shelton, WA 98584  
 (360) 426-3102

**MGH Olympic Physicians (9)**

237 Professional Way  
 Shelton, WA 98584  
 (360) 426-2500

**MGH Shelton Family Medicine (3)**

939 Mtn. View Dr., Ste. 100  
 Shelton, WA 98584  
 (360) 426-2653

**MGH Shelton Orthopedics (4)**

939 Mtn. View Dr., Ste. 130  
 Shelton, WA 98584  
 (360) 427-0663

**MGH Surgery Clinic (7)**

1710 N 13th Loop Rd.  
 Shelton, WA 98584  
 (360) 426-4142

# MGH Shelton Orthopedics

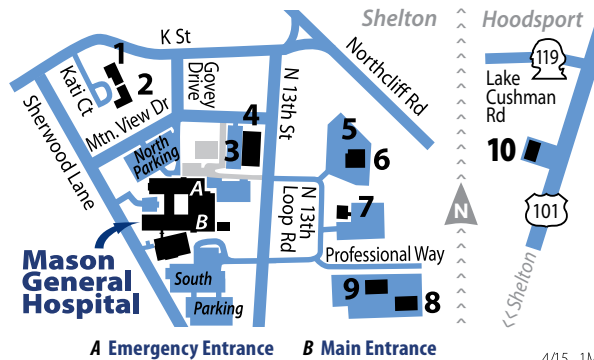
Freedom of movement  
 & quality of life



# Quality of life.

Wish you could walk the dog or jog again? Is bone or joint pain preventing you from doing everyday tasks? Whatever your age or lifestyle, painful bone and joint conditions can

stop you from living the life you enjoy. Shelton Orthopedics is dedicated to working with the patient to overcome physical challenges due to painful bone and joint conditions.



## Returning to a healthy lifestyle

Whether you live with osteoarthritis (“wear and tear” arthritis), osteoporosis (low bone density which can lead to bone fractures), or joint disease, Shelton Orthopedics provides excellent care for bone and joint conditions. Putting the patient first, our physicians work as a team, collaborating with Mason General Hospital departments and providers to tailor treatment to the patient’s specific needs.

## Non-invasive options

Often the symptoms of bone and joint ailments can be managed with non-surgical treatments such as:

- rest, ice, compression, elevation of affected joint
- orthotics, braces, walking aids
- weight loss to relieve pressure on affected joints
- exercise to maintain movement and increase muscle strength
- anti-inflammatory and pain relief medications
- cortisone for temporary relief
- joint supplements

## Is it time for surgery?

At some point non-invasive strategies may stop working. When that happens it’s time to consider a surgical option. Surgery may be recommended when:

- pain becomes very difficult to control
- pain keeps you up or wakes you up at night
- freedom of movement decreases to a large degree
- it is hard to get up out of a chair or climb stairs
- you stop engaging in fun activities
- your quality of life is diminishing

## The Mason Vision:

**We put patients first.** We provide quality medical care to assist the individuals of our community to restore and preserve their health. We conserve patient and community resources through a sustainable, financially viable, coordinated system of health care delivery.



**Stephen Ou, D.O.**  
Board Eligible, Orthopedic Surgery



**Michael Henry, M.D., FRCS(C)**  
Board Eligible, Orthopedic Surgery

## Care Coordination close to home

With the involvement of staff in Mason General Hospital’s Diagnostic Imaging, Surgery, and Rehabilitation Services departments, Shelton Orthopedics provides a continuity of care that is close to home.

## You are in good hands

Our team is comprised of highly skilled orthopedic surgeons who perform high quality and complete general community-level care surgeries.

### Knee replacement

Knee replacement surgery is a reliable procedure... whether your knee has worn out due to aging, arthritis, or injury.

### Hip replacement

The second most common joint replacement surgery is hip replacement. It is usually reserved for severe hip arthritis, and only after all other treatment avenues have been exhausted.

During surgery, the bone and cartilage of the ball and socket joint is replaced with an implant.

### Shoulder, hand, and wrist injuries

Shelton Orthopedics also specializes in injuries and diseases of the shoulder, hand, and wrist, including sprains, fractures, rotator cuff tears, shoulder replacement, and carpal tunnel syndrome.

## Commonly performed procedures include:

- Ligament reconstruction of the knee including anterior cruciate ligament (ACL) reconstruction (primary and revision)
- Meniscus repairs and meniscectomies (removal of damaged knee cartilage)
- Total hip and knee reconstruction
- Partial knee replacement
- Rotator cuff repair
- Shoulder reconstruction and instability treatment
- Arthroscopy
- Adult and child fracture care
- Soft tissue injury
- Shoulder replacement

## After surgery

Our physicians also help you manage your recovery in order to regain a pain-free, active lifestyle. This includes prescribing the rehabilitation that is critical to a successful surgery.



### Clinic Hours

Monday – Thursday: 8 a.m. – 4:30 p.m.  
(closed for lunch: noon – 1 p.m.)  
Friday: 7:30 a.m. – 2 p.m.

### Telephone

(360) 427-0663

### Location

939 Mountain View Dr., Ste. 130  
Shelton, WA 98584

