

TOTAL
JOINT
SUCCESS



A LETTER FROM OUR CHIEF SURGICAL OFFICER DR. KEVIN BORCHARD



Thank you for choosing Colorado Advanced Orthopedics at Pioneers Medical Center for your orthopedic surgery needs. Our goal is to provide personalized care to help you get back to the full and active lifestyle you desire. I hope you find the small-town atmosphere welcoming. You should never feel rushed or feel like a number. Everyone, including our nurses, medical assistants, physician assistants, physical therapists and administrators, wants you to have a comfortable and positive experience. I encourage you to provide feedback and ask questions at any time.



We have worked very hard to become the premier joint replacement hospital for Western Colorado. We specialize in shoulder, hip and knee replacement surgery utilizing proven techniques and technology. We are on the forefront of joint replacement advancements, with technology such as the Stryker Mako Robotic-Assisted Surgical Arm for total and partial knee replacements. We utilize advanced templating software called RadLink during hip replacement surgeries to ensure perfect implant alignment. Shoulder replacement implant placement is customized using Tornier Blueprint technology. Coupling proven technology with meticulous surgical technique ensures that we have optimized outcomes and reduce the risks of complications.

In addition to primary joint replacement surgeries, we perform revisions or repairs of previous joint replacements that are not functioning correctly or are painful. Whether an initial joint replacement is complicated by infection, instability, malalignment or has just worn out, revision surgery can provide an effective long-term solution.

You can be confident that your surgery is being performed with the attention to detail that comes with extensive experience and fellowship training. A fellowship is an additional year of training in a specialized field, such as joint replacement surgery. I performed my fellowship at the New England Baptist Hospital in Boston, Massachusetts, one of the busiest joint replacement hospitals in the nation. During my fellowship year, I performed over 900 complex joint replacements and revision surgeries. I had the opportunity to work with many expert surgeons, some of whom designed modern implants and techniques. One of the surgeons I trained with is Dr. Dan Ward, who now joins me as a visiting surgeon at Colorado Advanced Orthopedics. Dr. Ward continues to be an attending surgeon at the New England Baptist Hospital. He is actively involved in research and training fellows. Dr. Ward and I have each performed thousands of joint replacements and are constantly looking for ways to improve outcomes and decrease risks of complications.

We have put together an outstanding team of nurses, physician assistants, medical assistants and physical therapists. Everyone works together from the very first clinical visit to the final post-operative follow up to ensure you can proceed to surgery with confidence and complete your rehabilitation successfully.

In addition to joint replacement surgery, Colorado Advanced Orthopedics has assembled a team of fellowship trained surgeons to offer specialized care in hand and upper extremity surgery, spine surgery, sports medicine and traumatic knee surgery and finally, non-operative management of sports and spine injuries with ultrasound guided therapeutics. No matter what orthopedic problem you may encounter, we are with you every step of the way. Thank you in advance for entrusting us with your care.

Sincerely,
Kevin Borchard, MD



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**We are so pleased to care
for you!**

The Orthopedic Team

Colorado Advanced Orthopedics Sports Medicine and Spine Center is pleased that you and your doctor have chosen us to provide your joint replacement services. We are a team focused on consistently providing excellent care and we work together to assure your success both before and after your procedure.

**The following are members of our team
and their contact numbers.**

Orthopedic Clinic	(970) 878-9752
Orthopedic Clinic Supervisor	(970) 878-9785
Hospital Surgical Department	(970) 878-9311
Anesthesia Providers	(970) 878-9740
Hospital Nursing	(970) 878-9292
Physical Therapy/ Occupational Therapy	(970) 878-9298
Lab	(970) 878-9279
Diagnostic Imaging	(970) 878-9269
Meeker Drugs (off-site Pharmacy)	(970) 878-9988
Discharge Planner	(970) 878-6124
Surgical Authorization Specialist	(970) 878-9316
Pioneers Medical Center Main Line	(970) 878-5047

Pre-Surgery Checklist

Your surgery is scheduled to take place on: _____

These are appointments and steps that are needed in order to get you ready for your joint replacement surgery.

Pre-Operative Appointments

- ☐ Visit with your Primary Care Physician within 30 days of surgery.
(The sooner into the 30 days the better for having time to get all needed tests completed).
- ☐ Tests Performed by PCP will include blood work, EKG, Nasal Swab, Obstructive Sleep Apnea screening, and a Chest Xray if indicated.
- ☐ Dental Clearance prior to surgery. This can be done any time before surgery. (If full set of dentures are present no clearance needed.)
- ☐ Pre-Operative Visit with Orthopedics _____
- ☐ Mako CT Scan(s) (Only for Total Knee Replacements)
This will happen on your Pre- Operative Visit with Orthopedics while at the hospital.
- ☐ Tornier Shoulder CT Scan(s)
- ☐ Complete Patient Medication Record on the last page of this booklet

Dental Evaluation

The incidence of infection after total joint replacement is very low, but an infection may occur if bacteria enter your bloodstream. To reduce the risk of infection, major dental procedures (such as tooth extractions and periodontal work) should be completed before your total joint replacement surgery.

After your total joint surgery, it is recommended that you receive a dose of prophylactic antibiotics 1 hour prior to any dental procedure lifelong. Avoid dental work for at least three months, post operation, unless it is an emergency. Please discuss this with both your dentist and your primary care provider for your future healthcare planning.

Pre-Surgery Recommendations

Get yourself physically ready for surgery. Engage in exercises that have limited joint stress but allows a person to exert themselves. Swimming using a kick board in the water, bicycling, stationary bike, recumbent stepper, seated aerobics are great examples of exercises that will prepare you for surgery and improve your recovery time. If a person has any cardiac conditions they should get clearance from a MD first though. Please avoid pedicures prior to a total join operation, as it can increase the risk for infection.

Instructions from the Surgery Department

- Please leave all valuables at home, including jewelry.
- The surgery department will call you 5-7 days prior to surgery to let you know of the time of surgery and when to arrive to the hospital for your upcoming surgery. If you don't hear from them the number to call them is (970) 878-9311.
- Small overnight bag with personal hygiene items.
- CPAP/BIPAP if applicable
- Bring inhalers the day of surgery

Skin Prep Prior to Surgery

- You will be provided surgical soap and scrub brushes at your pre-operative appointment
- Shower with surgery soap, starting 3 consecutive days before surgery. You are welcome to shower the morning of surgery; however, the surgery department will prep your skin an additional 2 times prior to surgery.

What to Bring to the Hospital

- Slip-on, non-skid shoes
- Photo ID
- Crutches or a walker that will be used at home
- Insurance card/information
- Robe
- Shorts or baggy sweats
- Home medications

Home Medications

At your pre-operative appointment, we will discuss the need to bring any specialty medications with you to your surgery. These include specialty medications that we do not carry in our hospital pharmacy formulary. Please bring these medications with you, the morning of surgery, in the original containers. We have included a medications record log on the back page to document all current meds taken. It is critical to have this completed and brought with you at your pre-operative Orthopedic Clinic visit.

At the hospital your physician and nurse will go over this with you when you are admitted to the hospital. Your physician will order the medications that he/she wants you to continue while you are in the hospital. Your nurses will administer these medications. Some of the tablets or capsules that you get in the hospital may be a different shape or color than you take at home; this is because they are a different brand or your physician has made a change in your therapy. If you take your medication at a certain time at home and you want to continue with that schedule, let us know. We can adjust to a schedule that works for you. Your own medications will not be used unless we do not carry a particular medication that you need. Please don't take your own medications without the permission of the nursing staff.

If you have questions about any medication you receive in the hospital, ask your nurse or our pharmacist.

Things to Arrange Prior to Surgery

- Transportation home after your hospitalization – it is not uncommon for patients to be unable to drive for the first 2 weeks following surgery.
- Groceries – stock up on extra groceries.
- Meals – plan healthy meals that you can prepare easily.
- Prepare your home – please see more guided ideas to making your home safe.
- Arrange help to assist with cooking, cleaning, shopping and laundry for a while after surgery.
- Arrange for Durable Medical Equipment, such as a standard two/four wheeled walker for all Total Knee/Total Hip Replacements. You may also benefit from a bedside commode, toilet riser or transfer bench. Please discuss this with your clinic and hospital team.



Preparing Your Home

Much of the success of your joint replacement surgery depends on how well you follow your surgeon's and physical therapists' instructions at home during the first few weeks after surgery. Preparing your home to avoid falls is an important and necessary part of planning for your recovery. A fall during the first few weeks after joint replacement surgery can damage your new joint and may result in a need for further surgery.

Adaptations for Your Home

Below are some changes you can make to your home to make it safer and easier to navigate:

- Install safety bars in your shower or bath.
- Place a rubber-backed/non-skid rug outside of the shower.
- Install and/or secure handrails along your stairways.
- Identify a stable chair to use during your early recovery with a firm seat cushion (and a height of 18 to 20 inches), a firm back, two armrests, and a footstool for intermittent leg elevation.
- Obtain a toilet seat riser with arms, if you have a low toilet.
- Obtain a stable tub transfer bench or chair to use during showering.
- Install a hand-held shower nozzle.
- Ensure paths in the home are free of throw rugs, loose carpeting, clutter and cords.
- Create a temporary living space on the main floor for the first few weeks because walking up and down stairs will be more difficult during your early recovery.
- Locate any assistive devices you already own or those you plan to borrow from another person. Practice using them in the home to determine if your doorways are wide enough for the equipment. If you can, bring your doorway measurements with you. Your physical therapist will help determine the most appropriate assistive device for you to use during your recovery. If you do not already have an assistive device (walker, cane, crutches) your rehabilitation team will assist you in obtaining one.

Surgery Day

Admission to the Hospital

You will be admitted to the hospital a few hours prior to your surgery. During this time you will be prepared for surgery and have the opportunity to speak to your registered nurse, anesthesia provider and your surgeon.

Anesthesia

Anesthesia is the process of inducing a pain-free, tranquil, sleep-like state for your surgery. Your anesthesia provider has several options to carry you comfortably through surgery without pain. Some medical conditions may make one option more preferable. Whichever technique is chosen, you can be assured that your operating room experience will be a comfortable and painless one.

General Anesthesia

You are first given medication to induce a sleep-like state, followed by a gas anesthetic agent administered by a mask into your lungs. Throughout the operation you will be attached to monitors that display information on your heart rate and rhythm, the oxygen level in your bloodstream, your body temperature, and your blood pressure. Your anesthesia provider continually checks these monitors to ensure your safety and comfortable care in the operating room setting.

Regional Anesthesia

There are many types of regional anesthesia that can be implemented in your care. Spinal, epidural, or femoral and sciatic nerve blocks may be used in combination or singly to assist with your pain control. Femoral nerve blocks are administered in your preoperation room with the use of ultrasound and medications administered through an IV. When this type of anesthesia is used, you are monitored as described above for general anesthesia during your procedure. Some patients may not consider regional anesthesia because they believe they will be awake during the procedure. This is not true. In regional anesthesia, you also receive medications that allow you to sleep peacefully throughout the operation. However, unlike general anesthesia, when regional anesthesia is discontinued, you will awaken almost immediately and with minimal pain (because the anesthesia in the area blocked will still be working).

What to Expect

Once you have been fully prepared for surgery, you will be taken to an operative suite where your Surgical Team will perform your procedure. On average your procedure can take 1-3 hours.



After Surgery

Post-Anesthesia Care Unit (PACU)

You will be brought immediately following surgery to the PACU where an RN will monitor you one-on-one to make certain you are stable and your pain is under control. You may be in PACU for 30 minutes or up to 2 hours. Your family may not be able to see you until you leave the recovery area.

Admission to the Medical Surgical Unit in the Hospital

You will be given a private room where your family and friends will be able to visit you from this point forward (unless otherwise indicated given COVID restrictions). Your vital signs will be monitored frequently to assure that you remain stable. It is normal to feel very groggy, sleepy and possibly nauseated. Please communicate this with your nurse so that he/she can help you to feel better.

Other After Surgery Guidelines

Antibiotics

May be continued for the first day after surgery to help prevent infection.

Blood Clot Prevention

Thromboembolic Disease (TED) hose and sequential compression devices will be placed on your lower extremities to help prevent blood clots.

Diet

You will be started on sips of water and clear liquids and then your diet can be advanced as you tolerate it.

Getting Out of Bed

If you have had a nerve block, you may be very unsteady and the risk of falling is great! It is very important that you do not get out of bed without assistance. The nursing staff will assist you and show you techniques to keep yourself safe.

Medications for Constipation

With the increased use of pain medications, a stool softener is usually started to decrease the risk of constipation. This can be continued at home as well.

Nicotine Patch

If you are a smoker please let us know. Though we are a non-smoking facility, your comfort is very important to us. Please let us know right away if you desire a nicotine patch. If you would like more information on quitting smoking, we have excellent resources available.

Oxygen

May be required following surgery while you are still groggy.

Ice Therapy

Ice packs will be placed on your surgical site(s) during your stay.

Respiratory Care - Incentive Spirometer (IS)

This is a very important device that helps you maintain proper lung function. Surgery and lack of mobility interfere with normal lung function. We will be asking you to use your IS every 30 minutes while you are awake.

Surgical Dressing

You will be released from the hospital with a water resistant dressing. This dressing is safe for the shower but is not intended for soak in water. If the dressing gets wet on the absorbent part of the dressing, please call out orthopedic office. Otherwise, the dressing stays in place for two weeks and will be removed at your 2-week post op appointment.

Urination

It is not uncommon to have some difficulty urinating following surgery. There are times that a catheter needs to be placed to drain your bladder. We will be monitoring your urinary output closely in the hospital setting.

Your Nurse or Physical Therapist will help you to get mobile as soon as it is deemed appropriate by your care team. Our goal is to get you up and mobile as soon as possible; including the same day as surgery; if appropriate.



Pain Management

Managing your pain is very important to your recovery and to us. Each shift you will discuss your pain management goals with your RN and that goal will be documented on the whiteboard in your room.

Understanding Your Pain

- Pain in some form is expected after a surgical procedure. Pain can include many types of discomfort and can occur in various places in your body. It might be described as any of the following: a dull ache, pulling, tightness, cramping, burning, stabbing, or other unpleasant sensations.
- Managing your pain after surgery is one of our top priorities. Different scales can be used to assist you in measuring your pain. This information will be important to give to the doctor and nurses so they can determine which medications to use to help lower your pain. It is important have tolerable levels of pain control during your recovery to promote healing and to ease movement and physical therapy.

Setting Goals for Pain Control

- To perform your activities of daily living, you need to set goals for your pain control. One of these goals should be a tolerable level that allows you to participate in your recovery activities. Some of those activities may be coughing and deep breathing right after your surgery. Other activities will include working with physical therapy to regain mobility.
- As you begin planning for going home, your goals for pain will continue to change as your activities increase. Studies show if your pain rating is a “4” or higher, you may find it much more difficult to carry out your daily goals.
- It is very important to talk with your Orthopedic Team honestly and openly about your pain, so your treatment can be adequately managed.

Important Points to Remember While Taking Pain Medication at Home:

- Carefully read and follow any precautions on the label.
- Follow your doctor's directions on how much to take and how often.
- Some pain medications may make you sleepy and dizzy and for these reasons it may be unsafe to drive a car or use other equipment.

Tell your medical team about any of the following problems:

- Dizziness
- Nausea or mild stomach pain
- Constipation (consider using stool softeners)
- Unusual tiredness or weakness
- Confusion



A D V A N C E D
O R T H O P E D I C S



General Medications

The following medication explanations are provided as a convenient reference. You may be prescribed some of these medications.

Food and drug interactions may occur with medications, herbal supplements, or nutritional supplements you are currently taking or may be taking in the future.

Herbal preparations and food supplements also have the potential to affect how prescription medications work. It is important to discuss these with your Orthopedic Team and caregivers so you and they are fully informed. If you have any questions or concerns about potential interactions, please ask your Team for more information.

Anticoagulant and Antiplatelet Medications (blood thinners)

You will receive anticoagulant therapy while you are in the hospital. These medications are often called “blood thinners” and are used to keep blood flowing and prevent the formation of blood clots. All patients continue to take a blood-thinning medication for 4 weeks after surgery unless otherwise instructed by the doctor.

The most common Antiplatelet medications are:

- Aspirin taken once (or twice) a day for 4 weeks

The most common Anticoagulant medications are:

- Lovenox® an injection given in the abdomen once (or twice) a day. Your doctor will control the dosage and length of time you are on this medication.

- Coumadin® (warfarin) taken by mouth, usually daily. A blood test helps the doctor determine what the dosage of Coumadin® should be. If your doctor prescribes Coumadin® after you go home, you will also need to have your blood levels checked as often as your physician orders.

Your bleeding time is being monitored, therefore it is important to maintain a consistent diet of foods containing Vitamin K. Vitamin K affects the clotting factors in your blood, therefore it is important to avoid unusual increases or decreases of foods high in Vitamin K. It is best to avoid strictly vegetarian diets that consist of foods high in Vitamin K.

- Eliquis (apixaban) blocks the activity of certain clotting substances in the blood and often used after hip or knee replacement surgery to prevent a type of blood clot called deep vein thrombosis (DVT), which can lead to blood clots in the lungs (pulmonary embolism).

It is important to limit your consumption of alcoholic beverages when taking these types of medications. Ask your doctor how much, if any, alcohol you may consume.

Herbal Preparations and Food Supplements

Due to the tremendous numbers of preparations and products available, and the potential for significant interactions with medications you may be taking during your hospitalization, it is important to tell your doctor, nurse, and pharmacist before taking any supplements.

Examples of medications that require special considerations are listed below. Herbal preparations or food supplements should be avoided if you are pregnant or breast-feeding, unless your doctor has specifically instructed you on their use.

Herbal medications have the potential to interact with many medications including:

Anti-anxiety	Beta-Blockers
Antidepressants	Diuretics
Digoxin	Oral diabetic medication
Lithium	Steroids
Sedatives	
Warfarin (Coumadin®/ blood thinner)	

These herbal medications and supplements may cause drug interactions:

Echinacea	Feverfew
Fish oil	Garlic
Ginko	Ginseng
Guarana	Hawthorn
Kava-Kava	Licorice
Ma Huang	Red Yeast
Saw Palmetto	St. John's Wort
Yohimbe	Vitamin E
Valerian	



Physical and Occupational Therapy

Rehabilitation

- Typically you will have a one night stay in the hospital. You may qualify for extended rehabilitation, either hospital-based or off-site, under your insurance plan if a longer stay is needed.
- During your hospital stay, you will receive physical and occupational therapy services to optimize your independence and safety prior to your discharge.
- The physical and occupational therapists will participate in your discharge planning to determine what equipment and level of assistance you will need in order to return home safely.

Outpatient Physical Therapy (PT)

- PT will be part of your daily rehabilitation. Expect to work with a PT twice a day while in the hospital. The initial PT visit should be scheduled the same week of surgery for a total joint replacement. Once discharged you will be engaging in PT three times a week for 6 weeks following a total knee replacement. Total hip replacements won't go to outpatient therapy, walking is your therapy. If at 6 weeks your gait or walk is needing correction, then at that time PT will be ordered. Total shoulder replacements will be educated on simple exercises that will be performed at home for the first 6 weeks and then after 6 weeks you will be engaging in PT until fully rehabilitated.
- PT will assist you in learning how to properly transfer in and out of bed, walk with an assistive device and perform overall movement of your new joint including stairs.
- PT will continually assess your strength and provide you with techniques to function safely and effectively at home.
- PT will teach you appropriate exercises to begin your rehabilitation.

Occupational Therapy (OT)

- OT will assess your ability to complete your basic activities of daily living (ADLs).
- OT will assist you in determining what adaptive equipment you will need to be independent and safe at home.
- OT will teach you to use adaptive equipment and adaptive strategies as needed to complete dressing, grooming, showering, and toileting tasks until you have regained functional range of motion.
- OT will work with you once or twice a day until your ADL goals are met in the hospital.

Discharge Planning Going Home

Your discharge planning begins as soon as your surgery is scheduled. There are many plans to make for your return home even before you are admitted to the hospital.

Home Health Services

You may have a Home Health Care benefit through your insurance. Depending on your condition you may qualify for services at home including physical therapy, occupational therapy, and/or nursing care.

Oxygen Use at Home

If you require oxygen at discharge, the hospital discharge planner can assist in making those arrangements.

The hospital discharge planner is one of your advocates and can assist you with resources for your post-surgical needs. The discharge planner can also assist with setting up home health and various other requests you may have before heading home.

Shoulder Replacement Recovery

Shoulder replacement recovery involves additional care and attention at home in order to assure a positive recovery outcome.

- Over the following six weeks, your shoulder should be immobilized and protected to allow for proper healing.
- Passive range of motion (PROM) exercises can be performed, such as pendulums and salutes. During this period where passive movement is permitted, physical therapy is recommended for six weeks.

Shoulder Replacement Recovery (Continued)

- Active range of motion (AROM) exercises can be performed after six weeks of passive exercises and initial physical therapy. An additional six weeks of physical therapy is recommended.

Passive Range of Motion Exercises

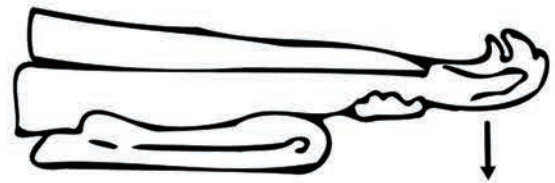
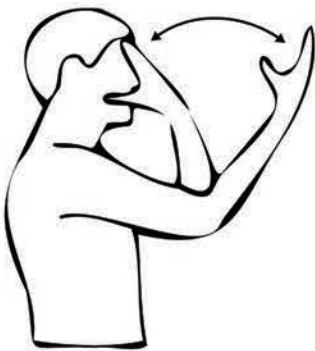


Pendulum Circles

You can perform this exercise two ways, sitting or standing. For the sitting position, lean forward and dangle your surgical arm in between your legs. The example image shows the exercise in the standing position. Regardless of the position you chose, you should complete 10 rotations up to three times a day. Your surgical arm should be completely relaxed in the pendulum circle exercise.

Salutes (Elbow Flexion & Extensions)

There are three ways to perform this exercise. The first is an active elbow flexion & extension (first figure). Bend and straighten elbow as far as possible. Hold for three seconds at your end range. The second is a passive elbow flexion (second figure). Bend the elbow and use the other hand to push your elbow into greater flexion (into your forehead). Hold for five seconds. The third is a passive elbow extension (third figure). Straighten your elbow and use your other hand to stretch your elbow straighter. Hold for five seconds.



Billing and Financial Services

Patient Accounting and Billing

The bills associated with a hospital stay can seem complex and confusing. The orthopedic clinic has its own surgical authorization specialist that can assist you with any questions and help you understand the insurance coverage under which you are eligible, refer to page 4 in the book for this number.

In addition to a bill from the hospital at which you receive your Colorado Advanced Orthopedics Sports Medicine and Spine, you may also receive bills for other pre-operative services such as MRI, lab work, and anything else your physician may require prior to your joint replacement surgery.

Bills from Other Providers

You may also receive bills from other providers both in preparation for your surgery, and your actual surgery. These charges are for services rendered by these providers at the hospital such as radiology or anesthesia.

Financial Counseling Services

If you have questions about your financial responsibility, Colorado Advanced Orthopedics Sports Medicine and spine will provide you with an estimate of cost by our surgical authorization specialist at your 2 week pre-operative appointment. Any questions that you may have can be discussed at that time. If you are unable to pay your estimated portion at the time of service, you can set up payment arrangements with your hospital's financial team.



Meeker is home to the White River National Forest, Flat Tops Wilderness Area, and nearly 1.5 million acres of land managed by the Bureau of Land Management, incorporating 580 miles of designated public trails with access from town. Whether you love hiking, biking or enjoy your ATV, OHV or Jeep, discover our neck of the woods and with over 240 days of sunshine annually, Meeker offers something for everyone!



6,240 ft



2,475 People



71.1" per year



16.06" per year



242 Days



Average Low: 28 F
Average High: 59 F



COLORADO

DINE, SHOP, STAY & PLAY Pocket Map



LEGEND

- | | | |
|----------------------------------|-------------------|-------------------|
| 4-H Building | Park | Hike |
| Post Office | Golf | Bike |
| Airport | Baseball | Picnic |
| Hospital | Playground | Archery |
| Fire Department | Soccer | Camp |
| Forest Service & BLM | Pickleball | Fishing |
| Chamber of Comm./ Visitor Center | Basketball | Parking |
| County Courthouse | Bird Watch | Snow Trails |
| County Justice Center | RV Dump | Scenic Byway |
| Town Hall | OHV Trails | Historic /Museum |
| Cemetery | Historic /Museum | Fairgrounds |
| Public Library | Fairgrounds | Recreation Center |
| School | Recreation Center | Airport |

Map provided by:
MEEKER CHAMBER OF COMMERCE & VISITOR CENTER
710 Market Street (970) 878-5510
meekerchamber.com

DINE, SHOP, STAY & PLAY

DIRECTORY

For Chamber of Commerce businesses located outside of Town visit www.meekerchamber.com

- | | |
|---|------------------------------|
| 1 Rim Rock Campground | 30 Bank of the San Juans |
| 2 Peach's Auto Spa | 31 Mountain Valley Bank |
| 3 | 32 Northwest Auto |
| 4 O'Crow Beer & Beverage | 33 Mountain Charisma |
| 5 T. Rose Etc./Ruckmans Shop | 34 |
| 6 Meeker Gen. Mercantile | 35 The Upstairs Gallery |
| 7 Meeker Riverbend RV Park | 36 Mountain Mused Tattoo |
| 8 Wyatt's Sports Center | 37 White River Museum |
| 9 Bear Mountain Inn | 38 Old West Heritage Center |
| 10 Chamber of Commerce & Visitor Center | 39 Ma Famiglia |
| 11 Elk Mt. Inn/ Hops & Grapes | 40 Vital Awareness |
| 12 Mexican House | 41 Restored Grace |
| 13 Blue Spruce Inn | 42 Wendell's |
| 14 The Fork | 43 Rustic Lodge |
| 15 Hair Hut Salon | 44 Outfitter's Diner |
| 16 Blanco Cellars | 45 USFS & BLM |
| 17 Meeker Coworking Community | 46 White River Inn |
| 18 Meeker Drugs | 47 Watt's Ranch Market |
| 19 Trail & Hitch Tiny Home & RV | 48 Meeker Recreation Center |
| 20 Rocky Mt. Hairbenders | 49 Bar 7 Bed, Bath & Barn |
| 21 Identity Graphics | 50 Meeker Collision Center |
| 22 Country Raised | 51 Meeker Golf Course |
| 23 Sophie Ann Designs | 52 Jason's Automotive |
| 24 Chippers | 53 Flat Tops Fuel |
| 25 Red Rooster Sandwich Shop | 54 San Juan Backcountry Adv. |
| 26 Nana Goose Interiors & Gifts | 55 Giaminetti's Powersports |
| 27 Meeker Hotel | 56 Highland Cemetery |
| 28 Meeker Cafe | 57 White River Bakery |
| 29 Prescriptions Salon & Spa | 58 Ya-Ya's Consignment Store |
| | 59 McGuire Auto Parts |



Pioneers Medical Center is located at 100 Pioneers Medical Center on the northwest side of CO Highway 13

Where to Stay In Town

Blue Spruce Inn
488 Market Street
Meeker, CO 81641
(970) 878-0777

Elk Mountain Inn
723 E. Market Street
Meeker, CO 81641
(970) 878-3656

Meeker Hotel & Cafe
560 Main Street
Meeker, CO 81641
(970) 878-5062

Rustic Lodge
173 1st Street
Meeker, CO 81641
(970) 878-3136

White River Inn
219 Market Street
Meeker, CO 81641
(970) 878-5031

Lodges, Resorts, and Cabins Out of Town

Aspens I
490 County Road 57
Meeker, CO 81641
(970) 878-9895

**Bar 7
Bed, Bath & Barn**
2162 County Road 15
Meeker, CO 81641
(970) 878-5080

Buford Lodge
20747 County Road 8
Meeker, CO 81641
(970) 231-0188

Ducey's White River Resort
12830 County Road 8
Meeker, CO 81641
(970) 878-4378

Elk Haven LLC
950 Purcell Drive
Meeker, CO 81641
(970) 878-4725

Ripple Creek Lodge
39020 County Road 8
Meeker, CO 81641
(970) 878-4725

Rocking W Ranch
2429 County Road 39
Meeker, CO 81641
(970) 319-9453

**Sleepy Cat
Real Estate & Lodging**
42253 County Road 17
Meeker, CO 81641
(970) 878-5258

**Trail & Hitch
RV Park & Tiny Home Hotel**
322 County Road 8
Meeker, CO 81641
(970) 725-6555

Trappers Lake Lodge
7700 Trappers Lake Road
Meeker, CO 81641
(970) 878-3336

Thunderbird Lodge
40434 County Road 17
Meeker, CO 81641
(970) 878-7098

Ute Lodge
393 County Road 75
Meeker, CO 81641
(970) 878-4669

RV, B&B's, & Extended Stays In and Out of Town

Bear Mountain Inn
789 8th Street
Meeker, CO 81641
(970) 878-5482

Circle Park
20 5th Street
Meeker, CO 81641
(970) 878-3403

**Meeker River Bend
RV Park**
910 Water Street
Meeker, CO 81641
(970) 220-2150

Rim Rock Campground
73179 Highway 64
Meeker, CO 81641
(970) 878-4486

The Cottage on Park Ave.
389 7th Street
Meeker, CO 81641
(970) 404-7060

The Jensen House
587 Park Avenue
Meeker, CO 81641
(970) 878-3432





Patient Medication Record

Patient Name: _____

Date of Birth: _____

Allergies: _____

Emergency Contact Information: _____

Medication Name	Dosage	How taken?	How often?	When did you start taking?

Your Surgery

Date of Surgery: _____ Time: _____

Notes: _____

Notes

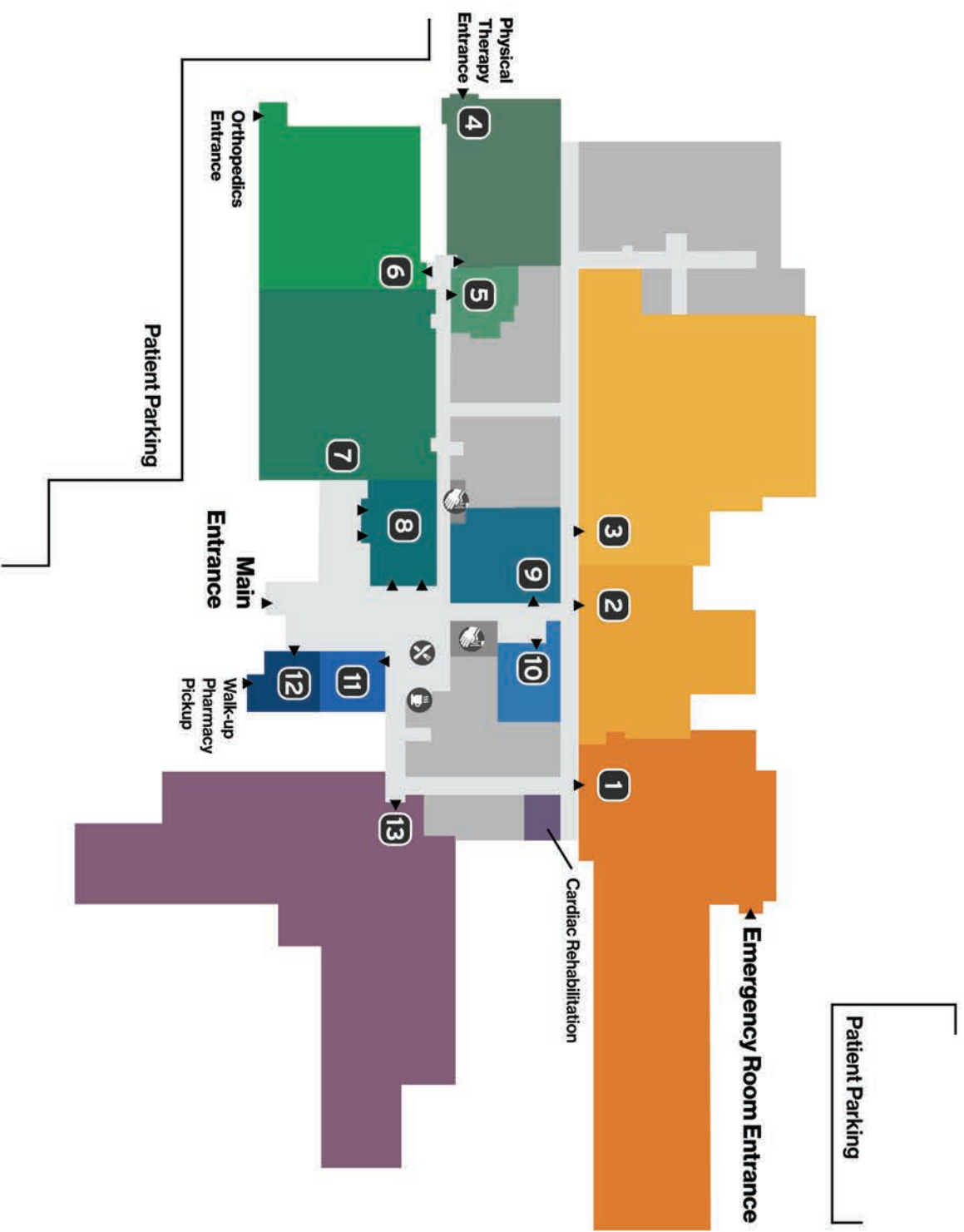
Facility Map

MAP KEY

1. Emergency Department & Acute Care
2. Radiology & Imaging
3. Surgical Services
4. Physical Therapy
5. Sleep Center
6. Colorado Advanced Orthopedics
7. Meeker Family Health Center
8. Registration, Financial Services, and HIM/Medical Records
9. Laboratory
10. Cardiopulmonary Services
11. Conference Room
12. Retail Pharmacy
13. Walbridge Wing

-  **Restrooms**
-  **Cafeteria**
-  **Coffee Bar**

100 Pioneers Medical Center Drive
Meeker, CO 81641
(970) 878-5047



 **Connectivity**
Internet access is available for our patients and visitors.

 **Accessibility**
Our facility is committed to maintaining an inclusive and accessible environment.

 **Smoke-free Environment**
For the safety of our patients, smoking is prohibited within 50 feet of the building.



100 Pioneers Medical Center Drive
Meeker, CO 81641
(970) 878-9752
www.coloradoadvancedorthopedics.com

About Pioneers Medical Center

Pioneers Medical Center is recognized as one of the top 27 hospitals in the West by Becker's Hospital Review for patient experience.

Located in the beautiful intersection between the sandy deserts of Dinosaur, CO and the dense forests of the White River National Forest, Pioneers Medical Center is a community-based healthcare facility dedicated to offering a wide range of competitive and strategic benefits that support all aspects of life and wellbeing in Western Colorado. We focus on building lifelong partnerships with our patients and empower them to achieve optimal health.



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Meeker, CO 81641

See us in the
Colorado Sun!

