

## Appointment Information

**Provider Name:**

**Date:**

**Recommendation:**

### **Boston Orthopedic Hand Center**

St. Elizabeth's Medical Center  
CCP 9 · 736 Cambridge Street  
Brighton, MA 02135  
617-779-6464

[www.semc.org/orthopedics](http://www.semc.org/orthopedics)



## Directions and Parking

**St. Elizabeth's Medical Center**

736 Cambridge St., Brighton, MA 02135  
617-789-3000



\*Note: Nevins Street, Medical Office Building is located adjacent to Seton main entrance

### **From the West**

Take the Massachusetts Turnpike (I-90) East to Exit 17 (Newton-Watertown). Go straight and take the second right onto Park Street, following signs for Brighton. Take the first left onto Tremont Street and follow for approximately one mile until it connects to the right with Washington Street. Continue on Washington Street for approximately one mile to the medical center. When Washington forks to the right, follow Cambridge St. straight (driving in front of the hospital). For valet parking, continue straight on Cambridge Street, driving past the hospital on your right. At stoplight, bear right onto Warren Street, then take an immediate right onto Nevins Street. Then take the first right onto Hospital Way to main entrance.

### **From the North, South and Downtown Boston**

Take I-93 to the Massachusetts Turnpike (I-90) West. Follow Mass Pike to Exit 20 (Brighton-Cambridge). Bear left towards Allston/Brighton (Cambridge Street). Follow "H" signs for approximately 1.5 miles to the medical center. For valet parking, before you get to the medical center, turn left onto Warren Street and then take an immediate right onto Nevins Street. Then turn right onto Hospital Way to the main entrance.

Garage parking for visitors also is available on campus. From Cambridge Street, turn onto Warren Street and then take an immediate right onto Nevins Street. Garage B is up the hill on your left.

# Boston Orthopedic Hand Center

at St. Elizabeth's Medical Center



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The Boston Orthopedic Hand Center at St. Elizabeth's Medical Center is a highly-integrated program focused on the complex issues associated with hand, wrist and elbow injuries. The center's orthopedic experts include physicians and staff who provide compassionate and expedient care for all conditions of the hand, wrist, and elbow, including:

- Carpal tunnel syndrome
- Traumatic hand injury
- Scaphoid and distal radius fractures
- Hand, thumb, wrist, elbow arthritis
- Wrist reconstruction
- Hand/wrist sports injuries
- Tennis elbow/golfer's elbow
- Trigger fingers/tendonitis
- Lumps in the upper extremity

## Treatment Expertise – Surgical and Non-Surgical

Not all injuries to the hand, wrist and/or elbow require surgery. The Boston Orthopedic Hand Center specialists first work with you to diagnose the issue or injury and determine an immediate plan for managing pain and mobility.

Working with medical professionals throughout St. Elizabeth's Medical Center, the Boston Orthopedic Hand Center staff provides a full continuum of services to our patients, including surgical and non-surgical care supported with rehabilitation, work conditioning, orthotics and prosthetics.



If surgery is required, our surgical staff are expert in treating **wrist and hand sports injuries along with offering microsurgical nerve/artery repairs and traumatic hand injury reconstruction.** These procedures are particularly needed when dealing with trauma of the hand where all vital structures are superficial and even a seemingly simple laceration, tendon or nerve injury can result in life-long debilitating issues.

The Boston Orthopedic Hand Center at St. Elizabeth's Medical Center offers:

- 24 hour access for acute hand surgery referrals
- Dedicated orthopedic hand experts, including clinical and surgical personnel
- Onsite hand and occupational therapist
- Partnerships for occupational injury programs for medium and large size employers

## Second Opinion Referrals

Injuries to the hand or wrist are debilitating and a treatment plan is typically highly-specialized to the individual, their health and physical demands. The Boston Orthopedic Hand Center continues to be a source for trusted second opinions, and we are happy to work with you and your care team to provide either clarification or alternatives.

## Occupational Hand, Wrist and Elbow Health Program

All aspects of hand, wrist and elbow injuries can take a toll on overall health, mobility and function. Physically demanding work or those with repetitive motion jobs can benefit from a specialized program to address conditions, including crush injuries, broken bones, lacerations, carpal tunnel syndrome, range of motion issues associated with repetitive work and more.



## Our Team

The center, led by **Charles S. Day, MD, MBA, Khare Wilson, MPAS, PA-C** and colleagues, provides comprehensive clinical care and surgery for patients who suffer from hand, wrist and elbow injuries or problems.

### Charles S. Day, MD, MBA

A nationally renowned expert in hand, wrist and elbow surgery, with more than 15 years of experience, Dr. Day is board certified by American Board of Orthopedic Surgery for both Orthopedic Surgery and Hand Surgery. He has received numerous Top Doc awards in Boston for Hand Surgery.



He is a leading researcher in his field and has earned numerous research and teaching awards. Dr. Day's educational/training credentials include:

- **Fellowship:** Rabkin Medical Education Fellow at the Shapiro Institute for Education and Research at Harvard Medical School
- **Fellowship:** Orthopedic Hand Surgery at the Barnes-Jewish Hospital at Washington University in St. Louis, Missouri
- **Residency:** Orthopedic Surgery at the University of Pittsburgh Medical Center in Pittsburgh, Pennsylvania, where he also completed a fellowship in orthopedic research
- **Internship:** General Surgery at the University of Pittsburgh Medical Center
- **Medical Education:** University of California in San Francisco, California
- **Advanced Degree:** MBA from University of Pittsburgh
- **College:** Stanford University in Palo Alto, California