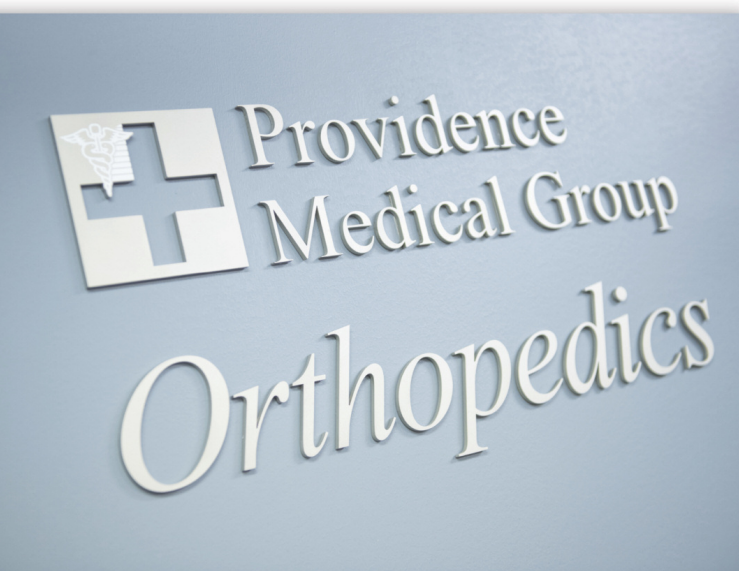


# Timothy J. Monahan, M.D. and Nick Aberle II, M.D.

## Providence Medical Group Orthopedics

### Trusted and Expert Orthopedic Care Close to Home



#### *PMG Orthopedics: Helping Patients Transition from Aches, Pains and Injuries to Improved Quality of Life*

“All I really want to know is when I can get back to the activities I love to do.” If you have ever experienced any type of orthopedic injury, this thought is probably at top of mind when you begin your initial consultation with your physician. When injuries, aches, or pains threaten the activities of anyone, from the weekend warrior to the high-profile athlete, it’s comforting to know you can find some of the most trusted, skilled, experienced and compassionate physicians right here in your own community.

Providence Medical Group (PMG) Orthopedics at Providence Medical Center provides an impressive range of services. These respected clinicians work tirelessly to ensure the best quality of life possible is restored to their patients. And because no two patients are alike, the PMG Orthopedic doctors create custom, patient-specific approaches to joint replacement through the use of perioperative imaging and planning to best position each implant to ensure a successful surgery.

The decision to undergo total joint replacement or revision surgery is not to be taken lightly. It’s a significant decision but one that can greatly improve the quality of life for most patients. Joint replacement surgery is typically necessary when a patient has sustained considerable cartilage loss, which results in painful bone-on-bone friction and debilitation. This can involve the hip, knee or shoulder. Revision joint replacement surgery is required when a former joint replacement has become worn down, there is some instability in an implanted joint, or there is an infection at the site of the replaced joint. Certainly, undergoing surgery for these matters can seem daunting and perhaps a bit frightening, but the



highly-skilled and trusted orthopedic surgeons at Providence Medical Group Orthopedics are fully committed to ensuring the best possible course of treatment, along with the most favorable outcome for patients.

With specialized training and experiences in issues and diseases affecting the hips, knees and shoulders, the physicians at PMG provide some of the most advanced and minimally-invasive techniques available to get you back on your feet as quickly as possible, restoring your function and mobility. With its award-winning orthopedic program, patients at PMG Orthopedics are routinely treated for a variety of issues, including total hip, knee and shoulder replacements, ACL, MCL and PCL reconstruction, meniscus repair, rotator cuff repair and a myriad of orthopedic concerns.



#### *The Trusted Orthopedic Physicians at PMG Orthopedics: Keeping Patients’ Best Interests in Mind*

As one of the esteemed orthopedic specialists at PMG Orthopedics, Timothy Monahan, M.D. has the prescription for what ails you. A graduate of the Medical College of Virginia, Dr. Monahan completed his residency with Geisinger Medical Center and also completed an Orthopaedic Research of Virginia Sports Medicine and Arthroscopic Fellowship.

Board-certified in orthopedic surgery with a sub-specialty certificate in sports medicine, Dr. Monahan brings a decided level of expertise to the Providence Medical Group that has catapulted this strong orthopedics team to become a nationally-recognized program.

Passionate about his work, Dr. Monahan enjoys being able to help patients who come in with what is deemed as a generally limiting problem for them in terms of what they love to do, and he is able to help many of them return to those activities. However, he stresses education first and foremost, setting realistic expectations for the patient.

“Education is the key component,” he noted. “It is also one of the things the patients appreciate. I explain things thoroughly, as our goal is to have everything laid out to the best of our ability and then give them their options. We are also realistic in that if you have a total hip replacement, you may not be able to run after that, but there are other things you can do, such as biking, swimming and walking.”

PLEASE TURN THE PAGE



*Timothy J. Monahan, M.D.*



An active individual himself, Dr. Monahan can easily identify with the concerns and issues of his patients. “I stay active, so I can understand limitations,” he indicated. “I do the same active things patients come in for, so I am familiar with their perspective.”

Joining with Dr. Monahan is fellow orthopedic surgeon, Nick Aberle II, M.D. A graduate of the University of North Dakota Medical School, Dr. Aberle completed his residency in orthopedics at the University of Nebraska, Omaha campus. He then completed a Fellowship in Sports Medicine and Shoulder Surgery at the University of Colorado in Boulder, where he also served as the assistant team physician for the University of Colorado Buffalos football team and for the Denver University hockey team. His special clinical interests include Sports Medicine and shoulder surgery.

Pursuing orthopedic medicine was a natural fit for Dr. Aberle, as he has always maintained a strong interest in science and medicine.

“I decided to specialize in orthopedics because it is a wonderful blend of technology and patient care,” he noted. A former high school athlete, Dr. Aberle played hockey and football, and also enjoys golfing, hiking and skiing. “I enjoy sports medicine and helping my patients get back to the activities they love,” he smiled. Further, he likes to help athletes with injuries improve and return to the game.

Dr. Aberle appreciates working with Providence Medical Center because it has the advanced resources necessary to perform state-of-the art orthopedic surgery. “As we continue to develop our orthopedics program, we’ll continue offering excellent quality of care while adopting new technologies that provide value to our patients.”



*Nick Aberle II, M.D.*



### ***PMG Orthopedics and the Joint Center: The Perfect Partnership for Restoring Patients Back to Health, Mobility and Active Lifestyles***

PMG Orthopedics works in tandem with the highly-acclaimed Joint Center at Providence, where patients are given the opportunity to experience its successful prehab class, where they learn exactly what to expect from surgery and also in recovery. Patient recovery includes a popular group rehabilitation and personalized care program for which the Joint Center is known. The goal of this program is to assist patients in resuming their active lives. The Joint Center provides patients the optimum environment in which to rehabilitate after total hip, knee or shoulder surgery in an efficient manner while simultaneously enjoying a home-like environment. The goal is to maximize the total joint care experience, enhance the rehab process, and prepare each patient to transition back to the active and independent lifestyle they want and expect.

### ***Continuity of Care Coupled with Notable Distinguished Honors***

Providence Medical Center consistently ranks among the best of the best across the country and has been continually recognized for outstanding achievements for excellence in care. In 2018,

Healthgrades recognized Providence as one of America’s 100 Best Hospitals for orthopedic surgery and was also selected as one of 750 hospitals nationwide to receive an “A” for patient safety by The Leapfrog Group.

Additionally, Providence received the Healthgrades’ Distinguished Hospital Award for Clinical Excellence™, placing this hospital among the top five percent of hospitals in the country and setting it apart as one of only three hospitals in Kansas City to earn such an honor.

Such recognition combined with the dedication of these orthopedic surgeons, ensures patients that they can always trust and have confidence in the care they receive. ●



**Providence  
Medical Group**

Doctors Building, Providence Campus  
8919 Parallel Parkway, #555, Kansas City, KS 66112

**913.596.3940**  
**providencemedicalgroupkc.com**