

Our Team



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Norwich



Bone & Joint Institute
Rheumatology

Locations

The Center for Rheumatology & Bone Health is based at Hartford Hospital but our providers have office hours at Hartford HealthCare facilities across the state so you can get the care you need close to home.

Hartford

31 Seymour Street, Suite 206
(Hartford Hospital Campus)
860.524.2610

New Britain

183 North Mountain Road, Suite 207
860.524.2610

Norwich

111 Salem Turnpike
860.425.8710

Torrington

538 Litchfield Street, Suite 101
860.496.1790



Bone & Joint Institute
Rheumatology

Program Information

Rheumatology



When they work properly, our bones and joints help us walk, dance, play sports and hug the people we love. Some chronic inflammatory diseases, however, can cause morning stiffness, redness and swelling, affecting people at any age. But, it doesn't have to be that way.

Inflammatory and immune diseases can affect joints, muscles, ligaments and even many vital organs, but when they stand in the way of being able to enjoy your life, it's time to find help. Rheumatologists are specialists who deal with diseases of the musculoskeletal system, including:

- Arthritis (osteoarthritis, rheumatoid arthritis, psoriatic arthritis)
- Osteoporosis and metabolic bone diseases
- Gout, pseudogout
- Polymyalgia rheumatica
- Ankylosing spondylitis and arthritis associated with inflammatory bowel diseases
- Lupus, scleroderma and connective tissue disorders
- Myositis and myopathy
- Lyme disease

Symptoms Can Include:

- Chronic pain and stiffness in the joints
- Swollen joints
- Pain when moving
- Limited ability to move
- Muscle weakness
- Hard nodules forming on the joints
- Unusual weight loss or gain
- Rashes, eye inflammation

The diverse team at the Center for Rheumatology & Bone Health can work with you to create an individualized care plan that will help ease the pain by treating the disease process. This gets you back to the things you love while preventing further joint and tissue damage.

Diagnostic Testing Services

Diagnostic imaging tools can help us understand and ease rheumatologic problems. Ours is one of the few facilities in the state with providers who are certified in using musculoskeletal ultrasound as a diagnostic tool and to guide therapy.

This technology helps us pinpoint and treat arthritis by:

- Giving detailed views of the joints bothering you.
- Guiding our physicians as they give steroid or hyaluronic acid injections to ease the pain.

Disease Management

The goal is to assess and diagnose the source of your pain, and then keep the pain level low enough so you can enjoy your life.

Your individualized treatment plan might include:

- Specialized blood work to understand your personal immune system.
- Immunomodulating and biologic therapies, as well as other types of medications.
- Joint, tendon and trigger point injections.
- Intravenous therapies targeting abnormal immune response and to halt diseases.
- Rehabilitative and strengthening therapy.
- Individual or group psychological interventions to help you adopt healthier behaviors and coping skills.

Medical Treatments

Often, treatments of biologic response modifiers, or "biologics," can help you manage the disease symptoms and pain while preventing further joint deterioration. Options, which can be in pill form, self-injection or as an infusion delivered intravenously, can include:

- Biologics (brand names like Enbrel, Humira, Remicade, Kineret, Cimzia and Simponi)
- Non-TNF biologics (Rituxan, Orencia or Actemra)
- Disease-modifying, anti-rheumatic drugs (DMARDs), JAK inhibitors and others

Alternative Therapies

Alternative or integrative therapies may seem non-medical in approach but many have been found to help increase range of motion while decreasing pain.

Additional services at the Bone & Joint Institute include:

- Zero-gravity training on a special treadmill that allows you to walk or run without pain by reducing stress on your joints and muscles
- Tai Chi/Qigong
- Acupuncture
- Massage therapy (deep tissue, reflexology, lymphatic drainage or cranio-sacral)
- Reiki and energy therapy
- Hypnosis and guided imagery
- Group and individual classes in mindfulness-based stress reduction and yoga

Rehabilitation

One of the ways to help manage chronic pain, relax, achieve better quality sleep, and improve your quality of life is to work with a physical therapist on a program that gently gets you moving your joints and muscles.

This sort of treatment may include:

- Aquatic or land therapy
- Manual therapy
- Strengthening exercises
- Bracing or splints
- Orthotics

Joint Replacement Surgery

Sometimes, despite the most advanced treatments, rheumatic illnesses can progress and the pain and disability gets worse. At that point, we can talk about joint replacement surgery as an option.

