

NEW HAMPSHIRE HEALTHCARE PROFILES

Caring for Active Lives

With four locations throughout New Hampshire, Littleton Regional Healthcare and The Alpine Clinic provide northern New England residents with specialty orthopaedic care close to home.



Central to New Hampshire life is spending time outdoors. Whether bike riding, skiing, snowboarding, winter and summer hiking, ice climbing, or any other athletic endeavor, the Northern New Hampshire region provides the perfect climate for activities in the mountains. With physically demanding activity comes the need for comprehensive, high-quality orthopaedic, sports medicine, pain management, trauma, and spine care. It's in these services that residents and visitors find the highest quality care available from the experts at Littleton Regional Healthcare affiliate, The Alpine Clinic.

As the largest orthopaedic practice in Northern New Hampshire, Littleton Regional Healthcare and The Alpine Clinic's team of board-certified and fellowship-trained providers collectively hold more than 200 years of combined experience. Their team approach guarantees patients receive timely care with a variety of progressive procedures, allowing patients to return to an active lifestyle.

Littleton Regional Healthcare's

Alpine Pain Center offers a team of fellowship-trained, board-certified registered nurse anesthetists who work closely with patients and their care providers through a range of interventional pain management services. What may begin as a common complaint about pain issues can evolve into a need for medical attention. With access to on-site imaging and a variety of effective treatment options, the team has great success in the reduction of pain.

Specialized Spine Care

Despite the initial alarm that may come from hearing "neurosurgery," most spine disorders are treatable through nonsurgical approaches and conservative methods. When it comes to spine care—the prevention, diagnosis, surgical treatment, and rehabilitation of disorders related to the spine—Littleton Regional Healthcare's Alpine Spine Center's minimally invasive procedures can result in smaller incisions and quicker recovery times. Operating times can be reduced through the use of modern technology and equipment.

SERVICES PROVIDED:

- Adult and Pediatric Orthopaedics
- Neurosurgery
- Minimally Invasive Spine Surgery
- Sports Medicine
- Joint Replacement
- Hand and Upper Extremity Surgery
- Sports Psychology
- Trauma Treatment
- Physical Therapy
- Limb Reconstruction
- Pain Management

LITTLETON 
REGIONAL HEALTHCARE

Where good health begins.

600 St. Johnsbury Road
Littleton, NH 03561
603-444-9000 | LittletonHealthcare.org



Available in Four Convenient Locations:

580 St. Johnsbury Road, Suite 21
Littleton, NH 03561

1095 Profile Road
Franconia, NH 03580

2936 White Mountain Highway
North Conway, NH 03860

Mid-State Health Center
101 Boulder Point Drive, Suite 1
Plymouth, NH 03264

603-823-8600 | TheAlpineClinic.com

Accepting patient referrals now!

Introducing James Alex, M.D., Nonsurgical Orthopaedics & Sports Medicine

The Alpine Clinic's subspecialty approach to care guarantees patients receive the highly specialized orthopaedic care they need. Dr. Alex's clinical areas of expertise include sports medicine, nonoperative orthopaedics, regenerative medicine, joint injections, complex sports concussions, and arthritis care.

**Dr. Alex is seeing patients in
Plymouth, NH, and
North Conway, NH.**