

No Bones About It

Advanced Center for Orthopedics is the first and only orthopedic group in the region to offer a new total knee replacement system that maintains a patient's original anatomy

We are very fortunate in the field of orthopedics to perform procedures that typically significantly improve the quality of patients' lives. Joint replacement surgery has been very successful in alleviating chronic joint pain and increasing patients' mobility.

Approximately 96% of patients who complete surveys after hip and knee replacement surgery report they are very satisfied with their surgery. However, with knee replacement surgery, 15-20% of patients are satisfied, but are aware that the replaced joint "doesn't feel like their own knee."

Researchers think this "lack of self" sensation may be partially related to removal of the anterior cruciate ligament (ACL) during replacement surgery. This theory is supported by the knowledge that patients who have "partial knee" replacements don't report the "lack of self" sensation. (In total knee replacement surgery, the ACL is removed, but in partial knee replacement surgery the ACL is preserved.)

Researchers at Biomet Orthopedics have recently created an XP Knee Replacement Surgery System that enables a surgeon to preserve the ACL in *total* knee replacements. This new design modifies the

shape of the shin bone implant to accommodate the attachment of the ACL to the fibula. When the ACL is preserved, patients benefit from the sensory input and stability from this ligament. The procedure is relatively new, however, patients who have had XP Knee replacements describe high levels of satisfaction.

Dr. Wally Pearson is the region's first and only orthopedic surgeon trained in performing the surgery. He noted that even when learning the procedure on cadaveric knees, the XP Total Knee "moved like a normal knee."

One of Dr. Pearson's patients had a conventional total knee replacement on his right side with good results. He recently had an XP Total Knee replacement on his left side and stated that immediately with his first steps "it already feels like my own knee."

Not all patients are candidates for the XP Knee. To be a good candidate, a patient:

- must have an intact ACL at the time of surgery;
- should be of an age and lifestyle that justifies the procedure;
- should have normal range of motion, alignment of the knee, and body weight.

**Appointments with
Dr. Pearson
can be made by calling
(906) 225-1321 or
(800) 462-6367**

Winter 2015

Our Physicians:

Robert H. Blotter, M.D.
Matthew B. Colligan, D.O.
Kenneth A. Davenport, M.D.
J. Bryan Dixon, M.D. (UPHS Employed)
Jason D. Doppelt, M.D.
James W. Gallagher, D.P.M.
Zachary C. Leonard, M.D.
Timothy B. Neuschwander, M.D.
Wallace G. Pearson II, M.D.
Matthew N. Songer, M.D.
Nathan S. Taylor, M.D.

Other Providers:

Victoria N. Asmus, P.A.-C.
Sandra Pritchett, F.N.P.-C.
Robert Rutkowski, P.A.-C.
Allison C. Blaksmith, P.A.-C.
Erik C. Korpi, N.P.-B.C.
Derek Falk, A.N.P.-B.C.
Diane Reetz, M.S.P.T.
Cathy Ruprecht, M.S.P.T.
Jacob Hogan, P.T.A.

Our Subspecialties:

Shoulder & Upper Extremity
Hand & Wrist
Spine & Non-Surgical Spine
Hip & Knee
Foot & Ankle
Sports Medicine
Total Joint Replacement & Revision
Trauma
Plastics & Reconstruction
Podiatry

Main Location:

Marquette
1414 W. Fair Avenue, Suite 190
Marquette, Michigan 49855

Other Locations:

Escanaba Munising L'Anse Ishpeming

KEEPING YOUR BALANCE

By: Diane Reetz, MSPT

To begin with, here are some interesting statistics:

- ❑ *Each year, US hospitals have 300,000 admissions for broken hips. Falling is often the cause.*
- ❑ *30% of people over 65 years old have one or more falls every year.*
- ❑ *Falls account for 40% of admissions to nursing homes.*
- ❑ *Falls are the leading cause of injurious death in those greater than 65 years old.*

Many factors can effect deteriorating balance:

- ❑ *Decreased vision. Loss or limited eyesight or dimly lit conditions.*
- ❑ *Trunk and leg weakness, often due to inactivity.*
- ❑ *Poor posture- less erect posture throws off your center of balance.*
- ❑ *Inability to pick up feet and loss of sensation (neuropathy).*
- ❑ *Decreased reaction time.*
- ❑ *Side effects of prescription medication can cause dizziness.*
- ❑ *Changes in blood pressure can cause light-headedness with position changes.*

If you are experiencing any balance problems you should first check with your physician to rule out any medical reasons for falling. Then making an appointment with a physical therapist can help guide you through stretching, strengthening and coordination activities to keep you more upright and balanced. We can help you train your brain, nervous system and muscles in the correct way, to help improve your balance and reduce your risk of falling.

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You can access and download past issues of **No Bones About It**

at our website at

www.AdvancedCenter4Orthopedics.com

Just click on the **New & Events** link on the Homepage, then

Patient Newsletter

(Adobe Acrobat™ software required)

Business Corner

Appointment Cancellations & No-Shows

We strive to meet the orthopedic needs of our patients in the most efficient and timely manner. We understand circumstances arise which can result in a conflict with your previously scheduled appointment with us. If you are unable to keep your scheduled appointment, please call us promptly at (906) 225-1321. We ask that you notify our office by 10:00 a.m. one (1) working day (Monday – Friday) prior to your appointment. This allows us to provide your appointment slot to other patients. Late cancellations result in our inability to fill in your appointment slot with other patients needing our services. Cancellations not received with one (1) working day prior to your appointment are deemed a “no-show” appointment.

A “no-show” appointment is when you fail to cancel your appointment within one (1) working day or do not keep your scheduled appointment and do not notify this office to cancel the appointment. No-show appointments leave appointment slots unfilled and negatively impact our ability to schedule patients in a timely manner.

After the first no-show, you will be called by this office and reminded of our policy and we will attempt to reschedule your appointment. After two (2) no-shows, a letter will be sent to you stating that after a third (3) no-show you may be dismissed from future care at our practice. After three (3) no-shows, a letter will be sent to you dismissing you from future care at our practice. Reinstatement will require meeting with the Clinical Manager.

To help us serve all of our patients, please be courteous and call us if you have any conflicts with your scheduled appointment at (906) 225-1321.