



Orthopedic Services



Get Back to Living the Life You Love

You know something isn't right. You've had that stiff shoulder, bad knee, or painful hip for months now; or has it been longer? When was the last time you felt good and moved freely?

People who experience joint pain often tolerate it far too long. They tell themselves that it's going to get better, they're just getting older, or it's not bad enough to see a doctor. Does this sound like you?

Individuals with chronic joint pain find daily activities restricted, such as walking, going up and down stairs, getting in and out of chairs, and exercise. The specially-trained orthopedic surgeons at Lakeland Health are here to help relieve your pain, restore your mobility and independence, and get you back to work and other normal activities.

Orthopedic Services

Most of us, at some point in our lives, will visit the doctor for musculoskeletal problems, conditions that include arthritis and injuries to the bones, muscles, tendons, or ligaments. In fact, a little over one million hip and knee replacements are done each year in the United States alone. Here in southwest Michigan, we have skilled orthopedic surgeons and providers who can care for your specialized needs.

Our services include:

- Anterior cruciate ligament (ACL) repair
- Arthritis care
- Bone fracture care
- Bunion treatment
- Carpal tunnel syndrome treatment
- Foot and ankle care, including surgery
- Ganglion cyst treatment
- Ligament reconstruction
- Meniscus repair
- Rotator cuff repair
- Shoulder decompression treatment, including surgery
- Sports medicine injury care
- Tendonitis care
- Total joint replacement (shoulder, knee, hip, and ankle)
- Treatment for trigger finger
- Trauma care

Joint Replacement Surgery Options

Knee Replacement

Did you know? Nearly 600,000 knee replacement surgeries are done each year in the U.S. The most common age for knee replacement is between 50 and 80 years old. When severe pain limits your everyday activities you may want to consider knee replacement surgery. Other reasons you may benefit from surgery is if you have moderate or severe knee pain while resting, either day or night, swelling of the knee that does not improve with rest or medication, bowing in or out of your knee, or the inability to bend and straighten your knee.

A problem knee is stiff or painful. Cartilage cracks or wears away due to usage, inflammation, or injury, and no longer allows the joint to glide freely. As more cartilage wears away, exposed bones rub together when the knee bends, causing pain. With time, bone surfaces also become rough, making pain worse.

Partial Knee Replacement

During a partial knee replacement, a surgeon replaces damaged cartilage and bone in just one portion of the knee. This approach offers benefits over a total knee replacement, including smaller incisions, less trauma to the bone and surrounding tissue, smaller implants, less pain, and faster recovery.

Total Knee Replacement

During this procedure, the roughened ends of the thighbone and shinbone and the underside of the kneecap are replaced with an artificial one called a prosthesis. Made of metal alloys and high-grade plastics, the artificial joint is designed to move and function just like a human joint.



Watch a series of free, animated online programs that walk you through important information about knee arthroscopy, total knee replacement, and knee osteoarthritis. **Turn to page 14!**

Continuous, Compassionate Care

For **Linda Dokter**, pain was a constant companion she only escaped while sleeping. With severe osteoarthritis from two bad falls, she was left with pain in her right leg and throughout her knee. Though Linda had visited various physicians seeking a solution for her pain, she didn't feel the trust and security needed to take the next step toward healing. That was until she met orthopedic surgeon, **Jeffrey Postma, DO**.

From the moment Linda met Dr. Postma she felt at ease. He not only did a thorough examination of her knee, he asked her many questions. Seeing that Linda had a piece of paper with questions written down, he told her, "I don't want you to leave until all of your questions are answered," and she didn't. For the first time, Linda felt comfortable pursuing a solution to her pain through a knee replacement, and it was due to the security she felt in the compassionate, personable care of Dr. Postma.

Dr. Postma conducted Linda's knee replacement at Lakeland Hospital, Watervliet. It went smoothly and the next step was rehabilitation. After coordinating with Dr. Postma and her family physician, Linda decided to start her rehab at Pine Ridge: A Nursing and Rehabilitation Center, and follow up with Homecare physical therapy.

Kevin Kutchie, PTA, one of Linda's Homecare therapy providers, really impressed her. Kevin made a point of encouraging Linda as she regained strength to return to the activities she loved.



"I wanted to be able to water my flowers, and he helped me learn how to navigate through my yard with my walker, so I could," said Linda. Similarly, Kevin helped prepare Linda for her return to work, helping her adjust to getting in and out of her car.

"I am so thankful, blessed, and glad to have it done," said Linda. "It has made such a difference. I can now walk or stand without pain or a limp, and I no longer dread going to the store because I have to walk. I can now carry my grandson without any pain."

Joint Replacement Surgery Options *(continued)*

Shoulder Replacement

Although less common than knee or hip replacements, shoulder replacement surgery removes diseased or damaged bone in the shoulder and replaces it with an artificial joint. In patients with arthritis or rotator cuff damage, the shoulder joint can become unstable, severely restricting range of motion. Over time, bone starts to rub against bone when the out-of-balance joint wears down cartilage.

Total Shoulder Replacement

In standard total shoulder replacement surgery, a surgeon removes the rounded head of the upper arm bone and replaces it with a metal ball. A high-strength plastic implant is used to replace the socket of the shoulder blade.

Reverse Shoulder Replacement

Reverse total shoulder replacement works better for patients with severe arthritis and a large rotator cuff tear as this procedure relies on different muscles to move the arm. In a reverse total shoulder replacement, the new ball and socket are located on the opposite sides of a normal shoulder. The metal ball replaces the socket of the shoulder and a plastic socket is attached where the head of the humerus used to be.



Joint Replacement Surgery Options *(continued)*

Hip Replacement

The hip joint is one of the body's largest weight-bearing joints. It is a ball-and-socket joint. This helps the hip remain stable even during twisting and extreme ranges of motion. A healthy hip joint allows you to walk, squat, and turn without pain. But when a hip joint is damaged, it is likely to hurt when you move.

In a problem hip, the worn cartilage no longer serves as a cushion. As the roughened bones rub together, they become irregular, with a surface like sandpaper. The ball grinds in the socket when you move your leg, causing pain and stiffness.

A hip implant replaces the cartilage that has worn away over the years. An artificial ball replaces the head of the thighbone, and an artificial cup replaces the worn socket. A stem is inserted into the thigh bone to keep the ball in place. These parts connect to create your new artificial hip. A plastic liner is placed between the metal ball and cup to create a smooth surface for comfortable movement once you have healed.

Anterior Hip Replacement

The direct anterior approach is a minimally invasive option that results in a smaller incision, less tissue trauma, and less pain for the patient. This approach utilizes a unique hip and knee arthroplasty surgical table, called the HANA table, which allows a surgeon to reach the hip joint from the front of the hip, as opposed to the side or back, so that work can be done through the natural interval between the muscles.



After having both hips replaced by orthopedic surgeon Jeffrey Postma, DO, ▶
Benton Harbor resident Albert Thomas got a second chance at life.
Visit www.lakelandhealth.org/stories to read more



Watch a series of free, animated online programs that walk you through important information about total hip replacement and treatment options for hip osteoarthritis. **Turn to page 14!**

A New Spin on Hip Replacements

After experiencing pain in her left hip for two years, Berrien Springs resident **Beth Siebenmark** realized it was time to take action.

"The pain was right in my groin and ran down my leg," said Beth, a retired corrections officer.

"It didn't seem to be coming from anywhere, and it didn't seem to be getting better. That's when I knew I needed help."

Beth's family physician, **Samuel West, MD**, referred her to orthopedic surgeon **Kenneth Edwards, MD**. After talking with Beth and reviewing her x-rays, Dr. Edwards

gave her the news she had expected—that she would need a total hip replacement.

Fortunately, new technology at Lakeland Medical Center, St. Joseph, would make it possible for Dr. Edwards to perform Beth's hip replacement using the direct anterior approach, a minimally invasive option that results in a smaller incision, less tissue trauma, and less pain for the patient.

Beth felt confident about being the first patient to undergo this new procedure at Lakeland—especially given how pleased she was with the results of her knee surgery with Dr. Edwards in 2010.

"Dr. Edwards does great work, and I had absolutely no problems with my knee replacement four years ago," she said.

After a successful surgery, Beth was soon up walking the hallways at the hospital and participating in Total Joint Camp, a specialized rehabilitation program designed to help joint replacement patients safely return to daily activities.

"It was as smooth as could be," Beth said. "They glued me together, so I didn't even have stitches or staples."

Today, Beth can keep up with ten grandchildren and three great-grandchildren without having to worry about pain slowing her down. She says she wouldn't hesitate to recommend the direct anterior approach to anyone facing hip replacement surgery.

"I'm amazed by how quickly I recovered," Beth said. "I can walk—I could probably even run if I had to!"



Joint Replacement Surgery Options *(continued)*

Ankle Replacement

If you have mild or moderate arthritis, your healthcare provider will likely recommend other treatments, such as pain medicines, special shoe and foot inserts, physical therapy, or corticosteroid injections. If you still have severe symptoms that interfere with your daily activities, your healthcare provider may recommend ankle replacement or another surgical procedure.

The ankle joint (tibiotalar joint) is where your shinbone (tibia) rests on top of a bone of your foot, the talus. Over time, due to arthritis, the smooth cartilage on the surface of the bones wears away. This can result in pain, inflammation, and swelling of your joint.

During a total ankle replacement procedure the surgeon makes an incision through the skin and muscle of the ankle in order to remove the damaged portions of the shinbone and talus. Next, the surgeon attaches the new metal joint surfaces into the pieces of the remaining bones and inserts a piece of plastic between the new metal joint spaces, so they can glide easily against each other.



Back on His Own Two Feet

Raymond Kilbourn was used to living an active lifestyle. If he wasn't on the lake fishing you could find him playing a round of 18 on the golf course. However, after suffering an ankle injury, he was forced to put his favorite past time on hold.

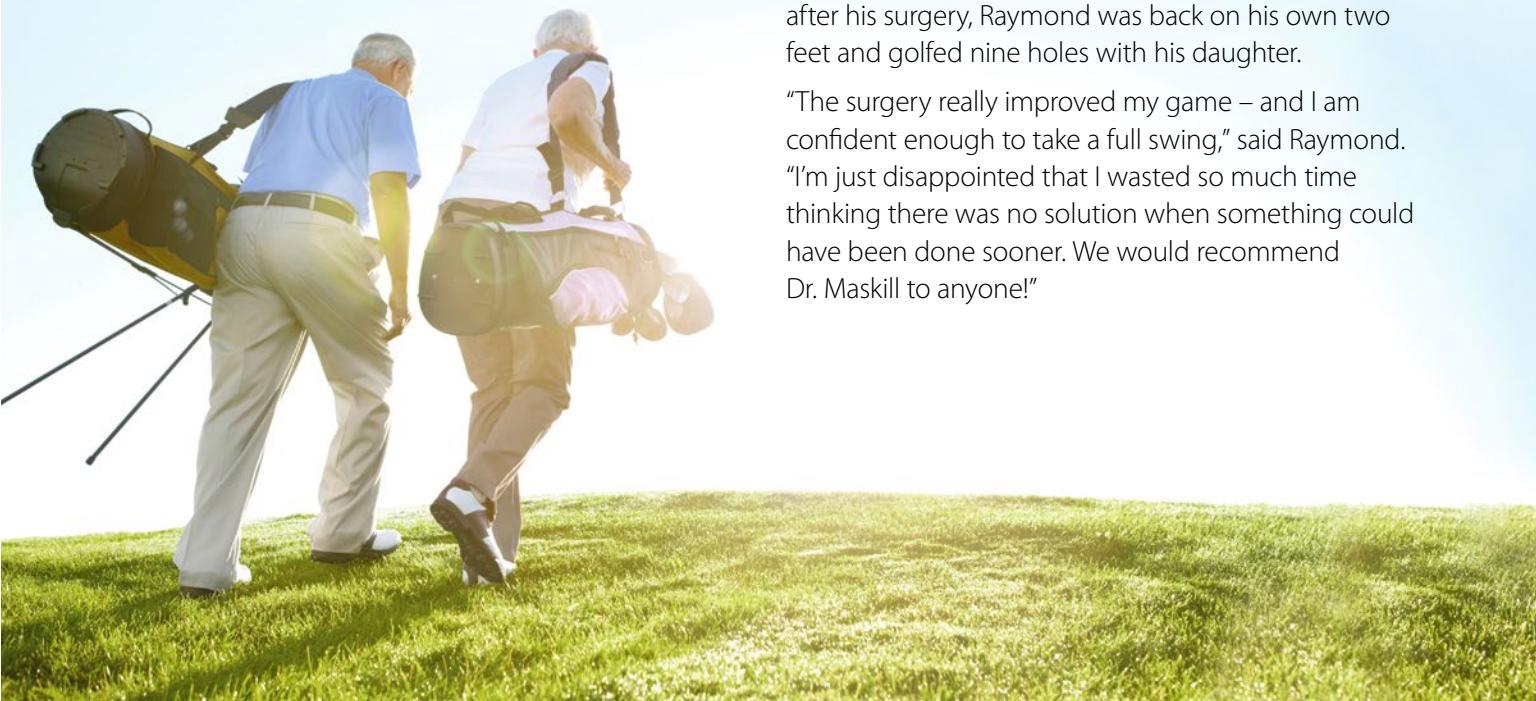
Ever since a beam fell on Raymond's ankle at work a number of years ago, he had been dealing with slight pain in his right ankle. It wasn't until three years ago that the pain became so severe it began to interfere with his daily activities. Raymond wasn't able to go fishing as often because it was hard for him to get in and out of the boat. His game on the golf course also suffered because he wasn't able to put his full weight on his ankle while swinging the club.

Raymond had been seeing a foot and ankle specialist in Marshall for a number of years who told him there was no solution for the pain. He and his wife Carolyn weren't aware that ankle replacement surgery was even an option until his orthopedic doctor referred him to **James Maskill, DPM**.

"We were extremely impressed with the care we received from Dr. Maskill," said Carolyn. "He took the time to answer all of our questions and explained everything that we needed to know both before and after surgery."

Shortly after the procedure, Raymond was able to get around using a knee scooter and eventually a walking boot. His recovery went so well that he didn't have to complete rehabilitation therapy. Two and a half months after his surgery, Raymond was back on his own two feet and golfed nine holes with his daughter.

"The surgery really improved my game – and I am confident enough to take a full swing," said Raymond. "I'm just disappointed that I wasted so much time thinking there was no solution when something could have been done sooner. We would recommend Dr. Maskill to anyone!"



Preparing for Surgery

Total Joint Camp

Before your surgery, you will have the opportunity to attend a Total Joint Camp orientation which includes a discussion about what to expect during your stay and after surgery. You'll also meet members of your care team and have an opportunity to ask questions.

Patients who participate in Total Joint Camp orientation experience the following benefits:

- Increased understanding of the surgery process resulting in decreased anxiety
- A team approach to enhance the healing process
- A friend or family member who is better able to effectively assist in continuing rehabilitation



Post-Surgery Rehabilitation

After your surgery you will spend the next few days in the hospital. While you are there, you will be seen by physical and occupational therapists. Your physical therapist will perform an assessment for different movement capabilities, such as range of motion, strength, balance, endurance, coordination, neurological deficits, and pain levels. Your occupational therapist will assist you with your Activities of Daily Living (ADLs) such as assisting with hygiene, dressing, and bathing needs. A personalized discharge plan is then developed that best meets your needs. Keep in mind, our primary goal is always to help you return home safely if you are able.

Homecare/Outpatient Rehabilitation

Once you have returned home, there are a few different ways to continue your rehabilitation. You have a choice of which homecare agency to pursue. Lakeland Homecare may send a clinician to assess home safety, perform medication reconciliation, and begin physical therapy. You may also begin physical therapy in an outpatient clinic. This requires that you or a friend or family member drives you to appointments in a clinic setting.

Extended Care Facility

If you are unable to return home after being discharged from the hospital, your care team may suggest additional options. If you choose to stay at an extended care facility, also known as a nursing and rehabilitation center, a care manager will provide a list of available facilities in the area and help guide you through the referral process including insurance coverage options.

Inpatient Rehabilitation

Another alternative to returning home – your surgeon may recommend one to two weeks of acute inpatient rehabilitation to be completed at Lakeland Hospital, Watervliet. Patients in these units have 24/7 access to comprehensive therapies, short-term rehabilitation nursing staff, and medical care to assist you in regaining as much independence as possible. The average length of stay at the rehab unit can range from 10 days to two weeks. During your stay, you can expect to attend physical and occupational therapy sessions for several hours a day, most days of the week.



Sports Medicine

No matter your age, sport, or ability level, you can look to the Sports Medicine team at Lakeland Health for expert diagnosis, treatment, therapy, and follow-up care. We treat elite and student athletes, and “weekend warriors.”

Our Sports Medicine team has extensive experience providing care for trauma-induced sports injuries, as well as conditions caused by athletic wear and tear. Orthopedic physicians, physical therapists, and athletic trainers help athletes at all levels overcome injuries and achieve personal peak performance. Damage that might once have kept you on the sidelines permanently can be repaired with little or no loss of function.

Being Active Can Be Hard on the Body

Extensive training, experience, and sophisticated technology enable accurate diagnosis, personalized treatments, and rehabilitation for a wide variety of sports injuries such as:

- Arthroscopic surgery
- Cartilage injuries
- Dislocations
- Foot & ankle injuries
- Fractures
- Golfer's and tennis elbow
- Ligament and tendon injuries (ACL and MCL)
- Meniscus tears
- Rotator cuff repair
- Shoulder injuries
- Stress fractures
- Tendonitis

Care On and Off the Field

As part of the Sports Medicine team, athletic trainers work with athletes at high schools throughout Berrien County and at Lake Michigan College. Athletic trainers cover the teams' practices and games, providing triage for common injuries, such as sprains, strains, and bruises; assessing concussions; monitoring weather conditions to prevent heat illness; as well as working to prevent injuries by taping, bracing and conditioning. Often, the athletic trainers are the first health care provider to assess an injury and the last professional to clear an athlete to play again.

Joseph Farber, MD helps a student athlete on the football field.



Your Care Team

Lakeland Health offers patients access to a highly trained team of orthopedic surgeons and advanced practitioners who complete hundreds of surgeries each year and provide treatment to thousands of patients throughout southwest Michigan and beyond. All of our orthopedic physicians are board-certified and have completed fellowship training at a number of elite health systems throughout the country.

"You can be confident that your care team at Lakeland Health has a combined decades worth of experience and knowledge of cutting-edge research to optimize the treatment approaches for a vast array of orthopedic conditions."

Kenneth Edwards, MD

Medical Director of Surgical Services



Meet Our Medical Staff

Lakeland Health makes getting to know our medical staff easy. By adding video profiles to our online physician directory you have the opportunity to meet doctors before an initial appointment.

For more information or to find an orthopedic surgeon, visit
www.lakelandhealth.org/physicians



Quality Care Close to Home

The orthopedic specialists in our region are treating patients with the latest joint repair techniques and procedures, including computer-assisted, minimally-invasive, and partial knee replacements. These advanced medical procedures have shortened orthopedic hospital stays, sped up patient recovery times, and kept infection rates and other risks of surgical complications low.

The orthopedic quality and safety metrics at Lakeland Health compare well with some of the most highly regarded hospitals in the nation. You can be confident you are getting the highest quality of care without ever having to travel outside of southwest Michigan.

Lakeland Health has received the following awards for quality orthopedics outcomes:



Five stars for total knee replacement surgery from Healthgrades®, the leading online resource helping consumers make informed decisions in order to find the right doctor, the right hospital, and the right care. Every year, Healthgrades evaluates hospital performance at nearly 4,500 hospitals nationwide for 33 of the most common inpatient procedures and conditions.



Nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association

Blue Distinction Center (2013) in total knee and hip replacements for demonstrating expertise in delivering quality specialty care. Only 11 facilities in Michigan met the nationally established, objective quality measures that are required for this designation.



Gold Seal of Approval® from The Joint Commission for hip and knee replacement (since 2012). This certification demonstrates compliance with the Joint Commission's national standards for quality and safety in disease-specific care.

Free Education and Support

One Hour Could Change Your Life

Hear directly from our physicians about topics related to your health during our free physician seminars.

Previously recorded topics available online at

www.lakelandhealth.org/orthopedicseminars
include:

- *Arthritis Treatment Options for the Hip*
by Jeffrey Postma, DO
- *Back Surgery: Types, Recovery, Risks, and Benefits* by Christian Sikorski, MD
- *Dealing with Heel and Ankle Pain?*
by James Maskill, DPM
- *Living with Shoulder Pain*
by Daniel Sohn, MD
- *New Knees Designed for You*
by Jeffrey Postma, DO
- *State-of-the-Art Hip and Knee Replacements*
by Kenneth Edwards, MD



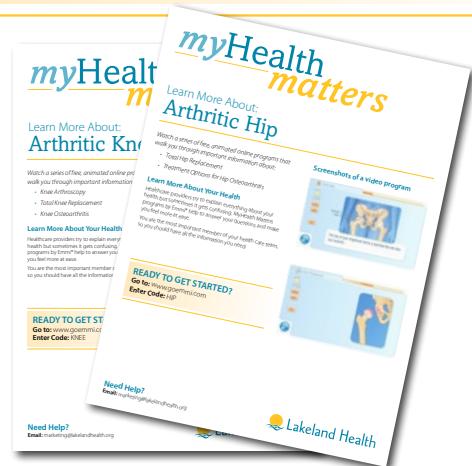
myHealth Matters

You are the most important member of your healthcare team, and you should have all the information you need. myHealth Matters by Emmi® helps to answer your questions and make you feel more at ease. Watch a series of free, animated online programs that walk you through important information about:

- Knee Arthroscopy
- Total Knee Replacement
- Knee Osteoarthritis
- Total Hip Replacement
- Treatment Options for Hip Osteoarthritis

READY TO GET STARTED?

Go to: www.goemmi.com
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