

A Shopping Trip Turns Hazardous for Forked River Man

While shopping at a mall in December 2011, Bernhardt Blace tripped and broke his humerus, one of three bones that make up the shoulder. X-rays showed that the bone had broken into so many pieces, it could not be repaired. Bernhardt needed shoulder replacement surgery.

Laura Malfitano, D.O., and Nader Hebela, M.D., orthopedic surgeons on staff at Southern Ocean Medical Center, teamed up to remove the damaged portion of Bernhardt's upper arm bone and replace it with a prosthesis.

Excelling in Orthopedics

"Right away, I appreciated Dr. Malfitano's honesty and straightforwardness," Bernhardt says. "She explained what was wrong with my shoulder, what she was going to do, and what the expectations were."

Bernhardt was in the right place for finding a fix for a complicated bone injury. All of Southern Ocean's orthopedic specialists are highly experienced in diagnosing a wide range of conditions and treating them with both traditional and minimally invasive techniques.

The orthopedic conditions treated at Southern Ocean include:

- Hip, knee, and shoulder pain
- Fractures and dislocations
- Torn ligaments, sprains, and strains
- Tendon injuries, pulled muscles, and bursitis
- Carpal tunnel syndrome and other hand injuries and conditions
- Bone tumors, arthritis, and osteoporosis

What's more, the recent addition of Dr. Hebela to the team has enabled Southern Ocean to expand its spine care capabilities. Dr. Hebela specializes in treating complicated spine conditions and performing spine reconstruction surgery, complex trauma surgery, and surgery to remove tumors.

"People with highly complicated orthopedic conditions can be confident they'll receive the same high level of care at Southern Ocean as they would at a large academic medical center," he says.

Stronger Every Day

On December 28, 2011, Bernhardt had his partial shoulder replacement surgery at Southern Ocean. He was back home after only one night in the hospital.

Bernhardt continues to see Dr. Malfitano, who specializes in hand and upper extremity care, for his follow-up care. "Healing from shoulder surgery takes time," Dr. Malfitano says, "but Mr. Blace is working hard on his rehabilitation, and all signs point to a good recovery."

Bernhardt says he's regained a lot of strength in his shoulder and about half of his range of motion. He's already back to doing light chores around the house.

"I'm very pleased with my progress," Bernhardt says. "Every week I see improvement. Dr. Malfitano has given me great care every step of the way." ●



After shoulder surgery at Southern Ocean, Bernhardt Blace has been able to get back to enjoying retirement with his wife and spending time with his nieces and nephews.



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Don't Shoulder the Pain This Summer

1 Golfing and swimming are great summer activities, but they can put stress on your shoulders. Our August 23 event can teach you how to prevent shoulder injuries. Turn to page 24 for details.