

Need a Knee Replacement?

We'll Have You Back on Your Feet Fast

Three years ago, when Jeanette Sullivan's doctors first suggested a total joint replacement to ease pain in her left knee caused by osteoarthritis, she said no.

"It had really been bothering me for a few years, but I had always been a very active person and was afraid surgery would hold me up," says Jeanette, a retired telecommunications manager.

Then Jeanette and her husband, Jerry, went to Florida in the winter of 2010, and her knee hurt so much all she could do was sit in the house. She could hardly move — let alone walk the two or three miles she normally did a few times a week.

So before the Sullivans came back north to Ocean County in the spring, Jeanette made an appointment to see David Rodricks, M.D., a board certified orthopedic surgeon at the Total Joint Program at Ocean Medical Center.

At the appointment, Dr. Rodricks determined that Jeanette, 69, was the ideal candidate for a minimally invasive approach to total knee replacement.

Tiny Incisions, Big Benefits

With minimally invasive knee replacement, the incision is about half the size of that needed for open surgery, Dr. Rodricks says. Because the incision is so small, the surgeon relies on advanced imaging techniques to get an in-depth view of the knee. This technique has several advantages to the patient.

"With a minimally invasive procedure, patients recover faster, have less post-op pain, and are less likely to need a blood transfusion during surgery," says Dr. Rodricks,



who performs about 300 knee replacements and 100 hip replacements a year, and is Fellowship trained in both procedures.

Jeanette had her surgery on May 16, 2011, and experienced those benefits firsthand. She left the hospital just three days after her surgery, already feeling better. "I had some post-op pain," recalls Jeanette, "but it was a different kind of pain than I had before, and I knew it would go away."

And Dr. Rodricks was not only able to replace the damaged parts of Jeanette's knee joint that were causing

Prep Work: Class Gets You Set for Surgery

Before her total knee replacement at Ocean Medical Center, Jeanette Sullivan did her homework. She and her husband, Jerry, attended a pre-op class at the Center for Total Joint and Spine Care on the sixth floor of Ocean, where they learned how to prepare for surgery and what to expect during the hospital stay and rehabilitation.

A registered nurse leads the hour-long classes, which also include presentations by surgical prep nurses and physical therapy staff. Patients are encouraged to bring a "coach," which can be a partner, family member, or friend, to cheer them on and provide the support they need during their recovery and rehabilitation.

"My husband and I asked questions, and they were all answered to our satisfaction," Jeanette says. "It was very helpful."



Jeanette Sullivan is feeling good enough to go on walks again with husband Jerry and dog Daisy after having minimally invasive total knee replacement surgery on her left knee in May 2011 at Ocean Medical Center.



David J. Rodricks, M.D.
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“Jeanette had a fantastic attitude and worked really hard with us, and that helped her have a smooth recovery.”

After she left the Medical Center, Jeanette arranged for an Ocean physical therapist to come to her home for the first two weeks. She then continued her physical therapy for three months at a nearby center. Today she has only a small scar on her knee, “and my therapist tells me it should go away,” she says.

Active Again in the Nick of Time

Jeanette is grateful she had surgery when she did: Her husband has since had heart surgery, and she needs her mobility to take care of tasks around the home. Jeanette’s only regret is that she didn’t have her knee surgery sooner, that she suffered needlessly for so long.

“As soon as I’m told I need a knee replacement on my other knee, I will have it done by Dr. Rodricks at Ocean Medical Center,” she says. “I want to keep going and going.” ●

the pain, he was able to straighten her leg, which had been damaged by arthritis.

“Now,” Jeanette says, “I can even kneel again, which to me is the most wonderful thing.”

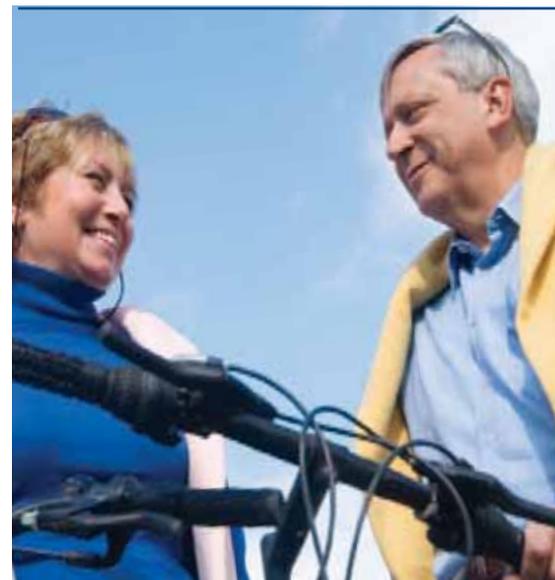
On the Move Soon After Surgery

The Ocean staff places a high priority on getting patients like Jeanette moving soon after surgery, says Dr. Rodricks. “The quicker the patients are mobilized and the harder they work, the quicker their recovery and the better they do.”



Sign Up for a Pre-Op Class

If you are thinking about or planning to have joint replacement surgery, attend our pre-operative education classes. You’ll learn how to prepare for your surgery and what to expect during your hospital stay and recovery. For class dates, times, and to register, call **1-800-DOCTORS**.



Orthopedic Excellence - Your path to independence

Ocean Medical Center offers comprehensive orthopedic care for every bone, muscle, joint and ligament. We have the widest range of preventive techniques, diagnostic tools, treatments and rehabilitation options including:

- Skilled team of orthopedic surgeons using leading-edge approaches.
- Non-surgical and minimally invasive options.
- Pre-surgical classes.
- A dedicated orthopedic unit ensuring personalized care by our professional team.
- Inpatient and outpatient rehabilitation fitness centers, plus at home options empowering you to reach your potential.

To contact one of our surgeons and for more information about our programs, call **1-800-DOCTORS®** or visit OceanMedicalCenter.com



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