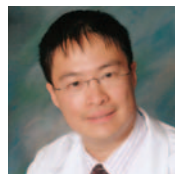


# Finding a Solution

**Ocean Medical Center** *Maria Phillips has a new lease on life thanks to her joint surgery.*

FOR YEARS, MARIA PHILLIPS, 63, SUFFERED TERRIBLE PAIN IN HER KNEE DUE to a work-related injury. She had trouble walking and could no longer participate in activities she enjoyed, such as dancing, walking on the beach, playing with her grandchildren, and browsing flea markets and craft shows. Although Maria sought help from two different orthopedic surgeons, both said they could not offer a solution because she was overweight. It wasn't until Maria found **Arthur Mark, M.D.**, an orthopedic surgeon affiliated with Ocean Medical Center, that she found relief.



**Arthur K. Mark, M.D.**  
Board certified in  
Orthopedic Surgery  
Brick  
732-458-7866

"Although past surgeons judged me on my age and weight, they didn't stop to consider how active I was," Maria explains. "Dr. Mark did."

Maria began treatment with Dr. Mark, which included conservative therapy options, such as physical therapy and cortisone injections. But they offered only temporary relief. Dr. Mark then recommended knee replacement surgery as

a long-term solution.

"Joint surgery scared the heck out of me. But Dr. Mark was so reassuring and addressed all of my concerns," Maria says. "I had complete confidence in him."

## Providing Options for Healing

Although other doctors said Maria was not a candidate for surgery, Dr. Mark believes joint replacement is an option for people of all sizes.

"Although people with excess weight may be considered more complex, I believe a patient's activity and motivation level have more to do with their recovery and success," Dr. Mark explains. "I perform complex joint replacement surgery for a wide range of patients. I knew Maria would have excellent results."

## Innovation Leads to Fast Recovery

Dr. Mark performed Maria's total knee replacement at Ocean using a minimally invasive approach. He also prescribed a new pain management protocol, which involves the use of different non-narcotic drugs, local pain injections, and lower doses of narcotics to reduce pain while helping her stay alert. After just two days in the hospital, Maria was at home in her own bed.

"I dreaded going to a rehabilitation facility," Maria explains. "But Dr. Mark said I could have just as much success with home rehabilitation. It was wonderful to recover in a familiar environment, knowing my husband was near."

## Rehabilitation at Home

Physical therapists from Meridian At Home provided Maria therapy in her home. And within weeks, she graduated to outpatient physical therapy. Today, four months after surgery, Maria is walking without assistance and hoping to get back to the activities she loves.

"Dr. Mark and the incredible staff at Ocean gave me hope when I didn't have hope before," Maria says. "They gave me a chance. Now it's up to me."

*by Randi Russell*



**Lakewood resident  
Maria Phillips  
enjoys baking,  
sewing, and taking  
walks with her  
husband.**

## Rehab from the Comfort of Home



Meridian At Home has a team of highly skilled professional therapists who work to improve movement and function for people of all ages with orthopedic, neurological, musculoskeletal, pulmonary, and cardiovascular concerns. To learn how we can customize our at-home services to your needs, visit [MeridianAtHome.com](http://MeridianAtHome.com).