

Mark Risberg enjoys playing golf and doing yard work. The Forked River resident is happy he can now do what he loves without pain, thanks to his new knee.



Meet Dr. Epstein



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Life's Special Moments

Southern Ocean Medical Center *A Forked River man lives a pain-free life thanks to knee surgery.*

MARK RISBERG IS A 55-YEAR-OLD JACK-OF-ALL-TRADES. HE IS A HUSBAND, A father of two, a grandfather of three, a passionate traveler, an athlete, and a hard working casino games dealer in Atlantic City. Mark has always been active and energetic, but for years, pain threatened to put a damper on his exciting, fast-paced life.

"I don't like to admit when I am in pain. I've had an incredible life with my wife, children, and grandchildren. I work on my feet eight hours a day, I travel at least once a year, and I love to play golf — but all of those moments became much less enjoyable because of my knee pain," Mark says.

The pain began in 1990, when Mark tore his anterior cruciate ligament (ACL) playing a pick-up game of basketball. Years later, after a lot of wear and tear and another injury, the pain returned. He explains, "I suffered through every activity: I couldn't play with my grandchildren or stand up without leaning on a stable object. My life wasn't what I thought it would be, and I knew it was time to get help."

In 2012, Mark contacted Samuel Epstein, D.O., an orthopedic surgeon and chairman of Orthopedic Surgery at Southern Ocean Medical Center. Mark knew and trusted Dr. Epstein since he had performed surgery on Mark's elbow a few years earlier. Dr. Epstein performed an X-ray and an MRI to evaluate Mark's knee and determined the best option was a total knee replacement.

"When determining if a patient like Mark should have a knee replacement, we look at a combination of factors," Dr. Epstein explains.

"Mark's knee suffered from serious arthritis and deformity due to all of his injuries. That alone isn't enough reason to perform a total knee replacement, though. Mark's pain impacted his quality of life immensely and made everyday living difficult. In cases like Mark's, a knee replacement is a quality option for patients," Dr. Epstein says.

Mark underwent surgery on December 4, 2012, and remained in the hospital for three days. He began physical therapy in the hospital and then continued at Meridian Rehabilitation at Forked River for the next five months. "In April, I golfed for the first time since my surgery. I felt 100 percent better than I used to. I also went on vacation with my wife before going back to work, and I walked the entire time without any pain," Mark says. "I owe my quality of life to Dr. Epstein's knowledge, confidence, and expertise, and to the caring staff at Southern Ocean."

by Randi Russell



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