

Rosemary McLaughlin is thrilled to be feeling good enough to lift light weights and ride on her stationary bike again, after three orthopedic surgeries at Southern Ocean relieved her pain.

**“The results were great – I never even had to take one pain pill after surgery.”**

– Rosemary McLaughlin

difficulty walking or doing housework. Because of the success with her other treatments, she again saw Dr. Wong.

“I found that Rosemary had bursitis on her right hip, and her iliotibial band was really tight,” says Dr. Wong. “Since those problems often respond well to physical therapy, I suggested she start with that.”

But after several weeks of therapy offered no relief, Rosemary scheduled surgery for June 2010. In addition to her hip problem, she had torn cartilage in her right knee. Dr. Wong fixed that at the same time. He was able to perform the surgery using a minimally invasive technique, so Rosemary had only two small stitches and less pain during recovery.

“The results were great — I never even had to take one pain pill after surgery,” she says.

### Getting Back to Life

With the three surgeries and years of pain behind her, Rosemary is now able to spend more time visiting her children and grandchildren. She and her husband are even planning a cruise for New Year’s.

And she has nothing but praise for Dr. Wong. “He spends so much time with you, explaining everything. He’s more like a friend than a doctor.” ●



## Orthopedic Surgery Ends Years of Ongoing Pain

In fall 2006, Little Egg Harbor resident Rosemary McLaughlin was involved in an escalator accident that caused her to fall hard on her right side. At the time, she had no idea the effect it would have on her health. But five years and three surgeries later, the 76-year-old is finally back on her feet, thanks to Southern Ocean Medical Center orthopedic surgeon, Jason Wong, D.O.

### Finding Relief from Shoulder Pain

Initially, Rosemary suffered from shoulder pain after her fall. “No treatment seemed to help,” she says. “I was referred to Dr. Wong, and he diagnosed it as a torn rotator cuff.”

She had surgery to repair the torn cuff in January 2007, followed by

about 12 weeks of physical therapy at Southern Ocean. “After that I was feeling good, and things quieted down for the rest of that year,” she says.

But then in 2008, Rosemary started having spasms in her right arm and hand. “Dr. Wong diagnosed carpal tunnel syndrome,” she says. “I must have somehow injured those nerves in my fall.”

When nonsurgical treatments failed to provide relief, Rosemary opted for surgery to fix the nerve. The recovery went easier than she expected. “I was able to use my hand almost right away, and I didn’t even need physical therapy.”

### Another Visit to Dr. Wong

After her fall, Rosemary also began having pain in her right hip. Over time, it got so bad that she was having



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