

# New Knees

## Put Grandma-to-Be on the Move

Expectant grandparents are usually filled with joy. But Susan Chadwick of Brick worried that excruciating knee pain would prevent her from making the most of her time with her first grandchild, due in June.

Susan, 58, had been dealing with knee pain for years, and alternative treatments were not helping. By October 2011, it was difficult to walk up steps or stroll on the beach.

She knew it was time to consider surgery and that she could find care near home. “We have great doctors right here in Ocean County,” Susan says. “Other people I know who went out of the area had no better an experience or outcome than I did.”

So she turned to board certified orthopedic surgeon Arthur

Mark, M.D., of Ocean Medical Center.

“During my initial appointment, I was very impressed with Dr. Mark,” says Susan. “While he had a lot of confidence and a positive outlook, he also gave me a very detailed explanation of what to expect and listened to all my questions. I trusted him and felt comfortable that surgery was the best option.”

### Preparing for a Change

Dr. Mark recommended a total knee replacement to restore function in Susan’s knee and reduce pain. “We do this by implanting a new joint surface,” explains Dr. Mark. “The technique is called a quad-sparing knee replacement. The benefit of this approach is that blood loss is minimal, less muscle is cut, and recovery is quicker.”

Susan had her surgery in November 2011. Elliott Bruce, M.D., chairman of the Department of Anesthesiology at Ocean Medical Center, made sure the days following her procedure were pain-free.

“In addition to the general anesthesia used during the surgery, we place a thin catheter at the femoral nerve using an ultrasound,” says Dr. Bruce. “The catheter is attached to a reservoir of medication that sits outside the body and dispenses small doses of local anesthesia after surgery.”



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### Ready for What's to Come

Before her procedure, Susan attended the presurgical class offered by Ocean to prepare her for what to expect before, during, and after surgery. “The class was very informative and provided an opportunity to answer all my questions,” says Susan.

And though recovery can be tough, Susan knows it’s worth it. “You need to be ready to do the work and make a commitment to physical therapy,” she says. “But being able to walk up and down a flight of stairs gives you back your independence and quality of life.”

Additionally, having the love and support of someone like her husband, Harry, made the recovery process easier. She is so convinced of the benefits of the surgery that she recently underwent a total knee replacement on her other knee, too.

Now, Susan is looking forward to meeting her grandchild — and keeping up with him or her. ●

— *Monica Rentschler*

Walks in this Point Pleasant park are more comfortable now for Susan Chadwick, thanks to the total knee replacement she received at Ocean Medical Center.



### Experts in Their Field

The majority of our orthopedic surgeons are Fellowship trained in subspecialties including reconstruction and total joint replacement, spinal procedures, foot and ankle, hand and upper extremities, hip fractures, and sports medicine.