



Young at heart, Dorothy and Ted Waters sought help from Riverview when their knees and hips started acting up. Today, they've recovered and are planning a trip around the globe.



**Anthony J. Costa, M.D.**  
Board certified in  
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**Daniel J. Mulholland, M.D.**  
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had had surgery with a larger incision," Dr. Mulholland says.

### **A Minimally Invasive Approach to Hip Replacement**

Then it was Dorothy's turn. In August and November 2010, Anthony Costa, M.D., co-director of the Total Joint & Spine Center, performed minimally invasive, muscle-sparing hip replacement surgery on both of Dorothy's hips, approaching them from the front rather than the back.

"I've found that with this approach, there's less chance for dislocation of the hip replacement," Dr. Costa says. "Patients transition from a walker to a cane more quickly — within a couple of days compared to a week to two weeks."

### **On the Road Again**

Both Ted and Dorothy had physical therapy at Meridian rehabilitation facilities. Today, they're feeling so good, they're planning a trip around the world.

"We could have been doing so much more if we hadn't waited so long," Dorothy says. "The surgeries have been the best thing for both of us." ●

# Joint Replacements

## Get Neptune Couple Ready for Next Adventure

**L**ike other long-married couples, Neptune pair Ted and Dorothy Waters are a lot alike. Both are 74-year-old retired schoolteachers. They're adventurous and love traveling.

In the last several years, they discovered something else they had in common: arthritis severe enough to require joint replacement surgery. In total, they had four joint replacements, both knees for Ted and both hips for Dorothy, at the Total Joint & Spine Center at Riverview Medical Center.

The Center's orthopedic surgeons use the latest techniques, including minimally invasive total joint replacement, to perform joint replacement surgery. "Our experiences at Riverview and with our orthopedic surgeons have been outstanding," Ted says. "From the start, we were so impressed with the thoroughness of their approach."

### **Putting an End to Knee Pain**

Periodic cortisone injections and a "high pain threshold" enabled Ted,

an avid photographer, to stay active for years after he started having discomfort in his right knee in 1998. But in 2008, when he had trouble getting up from his garden and climbing the stairs at his condominium, he knew it was time for a knee replacement.

Ted started interviewing orthopedic surgeons and chose Daniel Mulholland, M.D., on staff at the Center. Dr. Mulholland performed both of Ted's surgeries — the first in October 2008 and the second in December 2009 — with the smallest incision possible.

"This enabled Mr. Waters to have less postoperative pain and become active again more quickly than if he

**Is Joint Replacement Right for You?** If knee or hip pain is keeping you from doing the things you love, and medication or other treatments can no longer minimize your symptoms, the experienced team at the Total Joint & Spine Center can help. Call **732-450-6243** to learn more.