

New Treatment Option for Knee and Hip Pain

Minimally-invasive joint repair gets you back to doing the things you enjoy – without pain



At Holy Family Hospital's Regional Center for Orthopedic Care in Methuen, our team of expert orthopedic surgeons are committed to providing you with the best treatment options – surgical or non-surgical - for your condition.

If you're fed up with a bum knee or hip, you may be considering joint surgery. It's a common treatment option for baby boomer's and younger adults affected by debilitating conditions such as arthritis or other degenerative joint disease.

Joint surgery doesn't automatically imply that you need a total knee or hip replacement. At Holy Family Hospital's Regional Center for Orthopedic Care in Methuen we continue to partner with our expert orthopedic surgeons to provide sophisticated treatment options when alternatives to surgery just don't bring relief.

Introducing MAKOplasty

This revolutionary technology for partial knee resurfacing and total hip replacement is a minimally invasive surgical option now available in the Merrimack Valley, only at Holy Family Hospital in Methuen. Orthopedic surgeons affiliated with both Holy Family Hospital in Methuen and Haverhill are offering this surgical option to their patients. All surgeries are performed in Methuen, where the technology is located.

Benefits include:

- Superior accuracy and precision of implant alignment
- Spare healthy bone and cartilage
- Reduced blood loss
- Shorter hospitalization
- Quicker rehabilitation
- Smaller incision
- Minimal scarring
- More natural motion after surgery

"MAKOplasty requires a smaller incision than a traditional partial knee or total hip replacement and also spares healthy bone," says Orthopedic Surgeon Steven Andriola, MD. "By achieving more exact alignment and positioning there is less wear or loosening of the implant. As a result, many patients return to an active lifestyle with a more natural feeling joint within weeks of surgery."

Is Surgery Right for You?

Joint pain can put a damper on your day-to-day activities by turning basic movements, such as walking up a flight of stairs, into obstacles. Joint surgery can offer pain relief, better mobility and an improved quality of life – for the right candidate. While it may be the right solution for a friend, neighbor or family member, is it right for you?

Assess Your Personal Condition

"The severity of your condition and its impact on your health and lifestyle are significant factors as you weigh the benefits



Barry Bickley, MD, is one of the many orthopedic surgeons offering MAKOplasty to patients. For a complete list of surgeons, visit www.holyfamily-hospital/MAKO.

of joint surgery," said Holy Family Hospital Orthopedic Surgeon Barry Bickley, MD. "If alternative treatment options don't improve your condition and aching and stiff joints continue to cause constant pain, limit your ability to walk or climb stairs and affect your quality of life, joint surgery may be the best option. Our team is committed to making sure you have access to world-class care and the

addition of this technology is another way that we are further enhancing our capabilities."

Ask yourself...

- What is my pain level?
- Is the pain impeding my day to day activities?
- Am I pleased with my quality of life?
- How is this affecting my overall health?
- Have I tried all non-surgical options available to me?
- How would I define a good day?

Identify Your Options

If you've experienced one or more of the following symptoms, you may benefit from a consultation with an expert orthopedic surgeon to evaluate your condition:

- Frequent or intense joint pain
- Trouble walking, sitting down or standing up
- Joint stiffness or swelling
- Osteoarthritis / Arthritis

In addition to the extent of your pain and lost mobility, your doctor will consider other treatment options such as lifestyle modifications, medications, injections, physical therapy or aids such as a brace.

Your surgeon will inform you of the options most suitable to your condition and overall health, and work with you to develop a custom recovery plan.

To schedule a consultation with an orthopedic surgeon, visit steward.org/doctorfinder or call 1-800-488-5959.

Learn more at a FREE MAKOplasty seminar

Holy Family Hospital's expert orthopedic surgeons discuss osteoarthritis of the knee and degenerative joint disease of the hip, including the causes and symptoms, as well as non-surgical and surgical treatment options.

For a complete schedule of upcoming seminars and to register, visit www.holyfamily-hospital.org/MAKO or call DoctorFinder™ at 1-800-488-5959.

