

BACK in the GAME with Knee Replacement Surgery

A sunny day on the softball diamond is a dream come true for Robert (Bobby) Duncan. An avid athlete since childhood, the 59-year-old Freehold resident has enjoyed some of his best times on the field, both recreationally and competitively while in college. When deteriorating knees began to take their toll on Bobby's athletic endeavors, however, he turned to experts at The Total Joint Center of New Jersey at CentraState Medical Center for help.

"The trouble started about 20 years ago, when I tore the anterior cruciate ligament [ACL—fibrous connective tissue that is critical to knee stability] of my right knee," Bobby explains. "The tear was repaired surgically, but I still had difficulty with my knee strength. I began to favor my left leg, and that ultimately caused my left knee to go out."

After injuring his left knee, Bobby avoided surgery. For nearly eight years he relied on medication (hylanuronic acid) injections to manage the pain and spent hours in the gym trying to strengthen his knees. But replacement surgery eventually became inevitable.

THE SURGICAL SOLUTION

Bobby had been seeing Michael Greller, MD, FAAOS, board-certified orthopedic surgeon and fellowship-trained sports medicine physician with Advanced Orthopedic and Sports Medicine Institute and on staff at CentraState, for treatment of knee injuries throughout the years. When the time came for bilateral knee (both knees) replacements, he turned again to Dr. Greller.



Michael Greller, MD,
board-certified
orthopedic surgeon

In the weeks leading up to his surgery, Bobby was educated about the specifics

of his upcoming procedures through The Total Joint Center. Preoperative education includes introduction to staff, information about devices and techniques that will be used, guidance about what to expect pre- and post-operatively, and familiarization with the inpatient unit. A physical therapist also guides patients through a personalized physical activity routine to prepare them for surgery. Armed with his new knowledge, Bobby went into surgery confidently in November 2008.

"Joint replacement services provided by CentraState and The Total Joint Center focus on offering patients comprehensive multidisciplinary care," explains Dr. Greller, who performed the bilateral knee replacements along with Alan Nasar, MD, FAAOS, his practice partner and medical director, The Total Joint Center at CentraState. "Pre-surgical education contributed tremendously to the positive outcomes of Bobby's replacement procedures. Two of his teammates also had knee replacements, which is a testament to the fact that patients undergoing knee replacement can return to an active life."

MAKING A FULL RECOVERY

Following an inpatient rehabilitation period, Bobby underwent two months of outpatient physical therapy. He then was able to return to work as a golf course superintendent for the Monmouth County Park System and the sports he enjoys.

"This procedure gave me my life back," Bobby says. "I play softball on tournament teams and was eager to get back in the game. I attacked my therapy with a passion so I could return to a normal life, which I didn't really have immediately before the

procedure. My entire experience with CentraState went smoothly. I'm happy with my ability to continue playing sports."

To learn more about The Total Joint Center or orthopedic surgeons who perform joint replacement at CentraState, call (866) CENTRA7 (866-236-8727) or visit www.centrastate.com/TJC.

On the web page, you can click on a video link to hear more of Robert's story. HD

Learn More

Find out about the causes of knee pain and current treatments by attending a free lecture on Thursday, May 26, from 7 to 8 p.m., by a board-certified orthopedic surgeon. To register or for more information, visit www.centrastate.com/healthprograms or call (732) 308-0570.



Sidelined no more: Bilateral knee replacements made it possible for Robert Duncan to get back to the game of softball that has been so much a part of his life, as well as golfing, bowling, walking with his wife AnneMarie, and spending time with their six grandchildren. ▶