

FOCUS ON Health

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New Flex Knee Surgery

First US Implant of New Device at Franklin

THE NEW KNEE

Joint replacement and minimally invasive surgery are quickly becoming fundamental staples of modern healthcare. Even better, they are being performed more rapidly, with the end results of healing more quickly and lasting longer than previous methods.

In stride with the times, Franklin Hospital pioneered the first surgical implantation in the United States this past January of a breakthrough mobile-bearing knee prosthesis. Designed for use with minimally invasive procedures, this recent Food and Drug Administration-approved knee implant provides for greater mobility while theoretically reducing wear. Giles R. Scuderi, MD, FACS, implanted the Zimmer NexGen LPS Flex Mobile Knee Prosthesis, which ingeniously supports rotation of the knee implant along with knee flexion — an action more consistent with the patient's natural joint movement.

“Given the rise in aging and active baby boomers with arthritis, we are seeking to re-establish the normal movements of the knee with better flexion and rotation,” said Dr. Scuderi, a director of the Insall Scott Kelly Institute (ISK) for Orthopaedics and



Dr. Scuderi demonstrates the extra mobility and flexibility of the breakthrough NexGen LPS Flex Mobile Knee Prosthesis for Dr. Hellinger. The first of its kind in the United States was recently implanted by Dr. Scuderi right here at Franklin Hospital.

Sports Medicine, who helped to design the implant. This knee prosthesis has specific design features that accommodate up to 155 degrees of active flexion. Increased flexion is important in many

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North Shore LIJ Franklin Hospital

North Shore-Long Island Jewish Health System

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activities of daily living and for those patients who are physically capable of high flexion or whose cultural, work or recreational activities require deep flexion. “This is an innovative prosthesis that, given its compatibility with minimally invasive surgery together with proper patient selection, surgical technique and rehabilitation, increases the potential for greater range of motion and may be suitable for active or younger patients with an arthritic knee,” stated Dr. Scuderi. While new to the United States, this mobile implant has been successfully implanted in Europe, Australia and Japan for almost seven years.

THE PROGRAM UPGRADE

This breakthrough operation is just one small portion of Franklin Hospital’s developing Joint Replacement Program, which is part of North Shore-LIJ’s Institute for Orthopedic Science (IOS). Hospitals within the North Shore-LIJ Health System provide orthopedic care to more inpatients than hospitals ranked by *US News and World Report* as having the nation’s largest volumes of orthopedic cases. Locally, the North Shore-LIJ Health System treats more New York City and Long Island orthopedic patients than any other health system. Taking their orthopedic services further than ever before, the program at Franklin

Hospital is bringing together world-class surgeons and staff to provide step-by-step procedures and guidance to patients through every phase of the hospital experience. “Our Total Joint Committee takes a look at the entire process, together, to determine the best path for each patient,” said Alex Hellinger, DPT, administrator of the orthopedic service line and director of rehabilitation services. “We’ve established a consistent clinical pathway, as per evidence-based practice in standards of care, so that everyone agrees on appropriate treatment protocols.”

“We have phenomenal surgeons and our patients do extremely well,” said Dr. Hellinger. In fact, the postoperative length of stay goal in acute care is just three days. Some patients are discharged home after this short period while others may be transferred to our sub-acute rehabilitation center (Orzac Center for Extended Care and Rehabilitation) uniquely attached to Franklin’s campus, allowing for the establishment of smooth and consistent pathways of care.

The Joint Replacement Program consists of an incredible staff and an innovative pre-admission process that keeps patients well informed and aware of what to expect throughout the process. Patients have the opportunity to attend a specialized preoperative class that eliminates the question,

“What is going on?” and provides:

- Detailed overviews and general expectations of the joint replacement process;
- Assistance with decision making;
- Explanations of the procedure(s);
- An outline of issues commonly experienced before, during and after the operation(s);
- A tour of the facilities that will be available during the operation and recovery;
- Planning and practice for exercises that will assist a speedy recovery;
- Planning to reduce postoperative pain and maintain it at a reasonable level; and
- The opportunity to receive presurgical testing right at the hospital.

“Our orthopedic unit is specifically designed for orthopedic patients and everyone working there is dedicated solely to this particular practice,” said Dr. Hellinger. Surgeons, nurses, certified nursing assistants, physical therapists and assistants, occupational therapists, social workers, discharge planners, physician assistants, and a clinical care coordinator are available to every patient, keeping them involved with and aware of the process from pre-op through full recovery. These patient benefits have resulted in the orthopedic unit’s recognition as having one of the highest inpatient satisfaction scores throughout the North Shore-LIJ Health System.

“We’re bringing to the local community the latest available technologies and techniques,” said Dr. Scuderi. Franklin’s Joint Replacement Program has witnessed an exponential increase in the number of patients and cases over the last few years, and the team is fixing its sights on setting the pace for the future of joint replacement surgery on Long Island. ✨

Our Orthopedic Department has access to the most up-to-date orthopedic techniques and the expertise of orthopedic specialists to ensure that patients receive the highest level of care available. To learn more, call **(866) 544-9612**.