

Franklin Hospital

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Franklin Hospital Surgeon Performs First INBONE Total Ankle Replacement on Long Island

Expert orthopedic care has advanced to a new level for Long Island patients suffering debilitating ankle arthritis thanks to Franklin Hospital's Craig Radnay, MD, who has pioneered the INBONE Total Ankle Replacement in the greater New York metropolitan area. Dr. Radnay has been selected and specially trained to implant the prosthesis and is dedicated to providing patients with the newest technologies and techniques in order to achieve the most successful outcomes.

"The ankle is a complex joint that sees greater forces than the knee or hip, and historical attempts at ankle joint replacement have not been successful," said Dr. Radnay. He said this innovative prosthesis and procedure provide appropriately selected patients with a promising alternative to ankle fusion, which has been the gold standard for treatment of painful end-stage arthritis.

EXPANDED RANGE OF MOTION

The INBONE Total Ankle Replacement, manufactured by Wright Medical, provides an alternative to patients who want to maintain joint mobility and have exhausted alternative options such as nonsurgical foot



Craig Radnay, MD, demonstrates the INBONE Total Ankle to Andrew Keaveney, the first patient on Long Island to receive the prosthesis, at Franklin Hospital in Valley Stream.

braces, casts or steroidal injections in the joint. "These patients want to avoid more restrictive surgical options such as arthroscopic debridement or fusion that leave the ankle with little to no motion," Dr. Radnay explained. "This new surgical option provides an expanded range of motion most patients crave."

INDIVIDUALIZED FIT

The INBONE Total Ankle is different from other ankle replacements for two reasons: First, the prosthesis is customizable by

length and diameter, allowing for a more individualized fit with minimal bone removal and, second, it features anchoring stems that secure the prosthesis in place and reduce the likelihood that the joint will loosen over time. "During surgery, the surfaces of the ankle joint are replaced with metal, and a thick polyethylene spacer acts as a cushion in between those surfaces, allowing for smooth, stable motion through the ankle joint," said Dr. Radnay.

QUICKER RECOVERY

Recovery time is also minimal. The procedure typically requires only one overnight stay in the hospital, and casts are likely to be removed within four to six weeks after the operation. Full recovery takes approximately two to six months, at which time patients can expect to have little or no pain when walking or flexing the foot.

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+ For a consultation with an orthopedic surgeon at Franklin Hospital or for more information on the INBONE Total Ankle Replacement, call **(516) 256-ORTHO (6784)**.

+ INSIDE: FULL-SERVICE PODIATRY CARE | MANAGING PAIN AFTER SURGERY | NEW ORTHOPEDIC UNIT



Full-Service Podiatry Care Keeps Patients Stepping Forward

Comprehensive foot and ankle care is available at Franklin Hospital, bringing together podiatrists, orthopedists, surgeons, anesthesiologists and specialist support staff with the latest equipment in an all-inclusive specialty environment. An overlapping field, podiatric medicine is key to keeping foot and ankle orthopedic patients healthy and moving forward with treatment.

Podiatry keeps people on their feet when risks, such as diabetes, get in the way. Ninety percent of diabetic ulcers are related to the foot — preventing problems such as these from developing is where podiatry plays an imperative role. Identifying problems and educating patients, Franklin podiatrists work with the orthopedic team to share their expertise and thoroughly care for patients' feet, from the inside out. "We are highly trained in foot pathology and work collaboratively with staff orthopedic experts, making Franklin Hospital a mecca of foot care where we achieve an optimal level of treatment that is unsurpassed on Long Island," said Maryann Bilotti, DPM, chief of podiatry at Franklin.

Recognizing the importance of foot health, Franklin has 21 podiatrists on staff and a number of doctors in the podiatric residency program from Long Island Jewish Medical Center that complement and complete foot and ankle care, handling more than 300 cases a year. Podiatrists are held to the same standards as all specialists, requiring four years of undergraduate education, four years of specialty education in their field and two to four years of a residency. Podiatrists often specialize in wound care, foot surgery and biomechanics, and must meet specific requirements and credentials to be brought on board at Franklin.

"Thanks to our close work and interdepartmental education with Franklin's orthopedists and the patients' general doctors, we can give them the confidence that they will remain on their own two feet no matter what foot problems come their way," said Dr. Bilotti.

+ Looking for a podiatrist?

For more information or to speak with a podiatrist at Franklin Hospital, please call (866) 544-9612.

Mediterranean Diced Salad

INGREDIENTS

- 1 19-ounce can of chickpeas (also called garbanzo beans)
- 1 red pepper
- 1 cucumber
- 2 stalks celery
- 1 cup halved grape tomatoes
- Juice of 1 large lemon, about ¼ cup
- 1 tbsp. white vinegar
- 2 tbsp. olive oil
- ½ cup chopped fresh parsley

DIRECTIONS

1. Drain and rinse chickpeas and put in a large mixing bowl.
2. Core red pepper and dice into half-inch squares. Add to bowl.
3. Peel and chop cucumber; slice celery lengthwise and chop. Add to bowl. Add halved grape tomatoes.
4. In a measuring cup or small bowl, whisk lemon juice, vinegar and olive oil. Pour over salad ingredients. Toss well to coat all ingredients. Add parsley and mix again. Refrigerate until ready to serve. Season to taste.

Yield: six servings

Each serving provides:

Calories 142, Fat 6 g,

Sodium 208 mg,

Carbohydrate 18 g,

Fiber 5 g and

Protein 4 g



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"I'm feeling no pain for the first time in years," said Andrew Keaveney, the first patient on Long Island to receive the implant. Just two months after the procedure he is walking around with almost no indication that he underwent major surgery. Mr. Keaveney, a veteran of the 82nd Airborne Division, A

Company, Fort Bragg, N.C., had sustained a debilitating ankle injury after falling 12 feet from the back of a truck while decorating his hometown for Veteran's Day. Fort Bragg honored Mr. Keaveney with a flag from the base and Congresswoman Carolyn McCarthy, of New York's Fourth Congressional District,

presented him with a proclamation congratulating him on his recovery and thanking him for all of his proud efforts as a veteran. "This operation has given me more than I could have hoped for," said Mr. Keaveney. "Dr. Radnay has allowed me to walk again." ■