

# *on the* **move**

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*SOUTH NASSAU*  
COMMUNITIES HOSPITAL

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# Center for Advanced Orthopedics Surgeons

## *Craig Levitz, MD*



Dr. Levitz is chair of orthopedics at South Nassau Communities Hospital, director of orthopedic surgery and the head of the Shoulder Center. He is one of few physicians nationwide who is board-certified and fellowship-trained in sports medicine and he is nationally renowned for his use of minimally invasive arthroscopic procedures for repair of knee and shoulder injuries.

Dr. Levitz was recently listed for the eighth consecutive year in New York's "Top Doctors" in orthopedic surgery published by Castle Connolly. He has also been recognized by Castle Connolly as one of the top surgeons in the U.S. and by *Long Island Business News* as the top orthopedic surgeon on Long Island.

## *Bradley Gerber, MD*



Dr. Gerber is a national leader in hip resurfacing procedures and fellowship-trained in adult reconstruction. Recognized for his use of leading-edge techniques in all areas of total hip and knee surgery, Dr. Gerber is chief of total joint replacement surgery at South Nassau Communities Hospital.

He was named as one of the "Best Orthopedic Surgeons" on Long Island by the *Long Island Press'* Best of Long Island poll for 2011 and 2012.

## *James A. Germano, MD*



Dr. Germano is chief of hip service at South Nassau. He is a board-certified, fellowship-trained orthopedist who sub-specializes in total hip and knee replacement with a special interest in revision arthroplasty. He is skilled in minimally invasive and computer-assisted surgery as well as alternative bearing surgery. He is also one of Long Island's only hip arthroscopy specialists, allowing him to treat almost any hip problem, regardless of age.

## *Eric P. Keefer, MD*



Dr. Keefer is a board-certified, fellowship-trained physician who treats sports medicine injuries, affecting the shoulder, knee and elbow. Dr. Keefer's goal as a physician is to help his patients maintain an active, pain-free lifestyle, so they can participate in their favorite activities.

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# Underlying Bone Condition Gives Young Sports Enthusiast More Than He Bargained For

Lacrosse, football and wrestling were everything to Christopher Durkin. But one day, three years ago, as the high school athlete, then 15, ran down the sideline during a lacrosse game, his hip appeared to have “popped out the wrong way. I kept playing because I had no pain,” he recalled.

After the game, he went to bed; but when he woke the next day, he couldn't walk. “The pain was excruciating, and the thought of never being able to play sports again sent me into a depression,” he said. Numerous doctors recommended physical therapy, failing that, surgery would have to wait until he turned 18, when his growth plates closed. Mr. Durkin then sought the help of orthopedic surgeon James Germano, MD, chief of hip service at South Nassau.

“Mr. Durkin's injury was comprised of a labral tear and a combined femoroacetabular impingement, an underlying bone condition that is common in young males and some females. The bones in the hip are abnormally shaped; they do not match the socket and this can lead to tearing of the labrum,” said Dr. Germano. “The labrum is the washer of the hip joint; it keeps a good suction seal between the ball and socket. Without this, the hip does not work properly and people can have pain that may lead to early arthritis and total hip arthroplasty if not treated in time.”

August 11, 2011 was his surgery day, and Mr. Durkin couldn't have been more optimistic. “The day before surgery, I was extremely excited because I knew



Photo credit: Jeannine Agostino

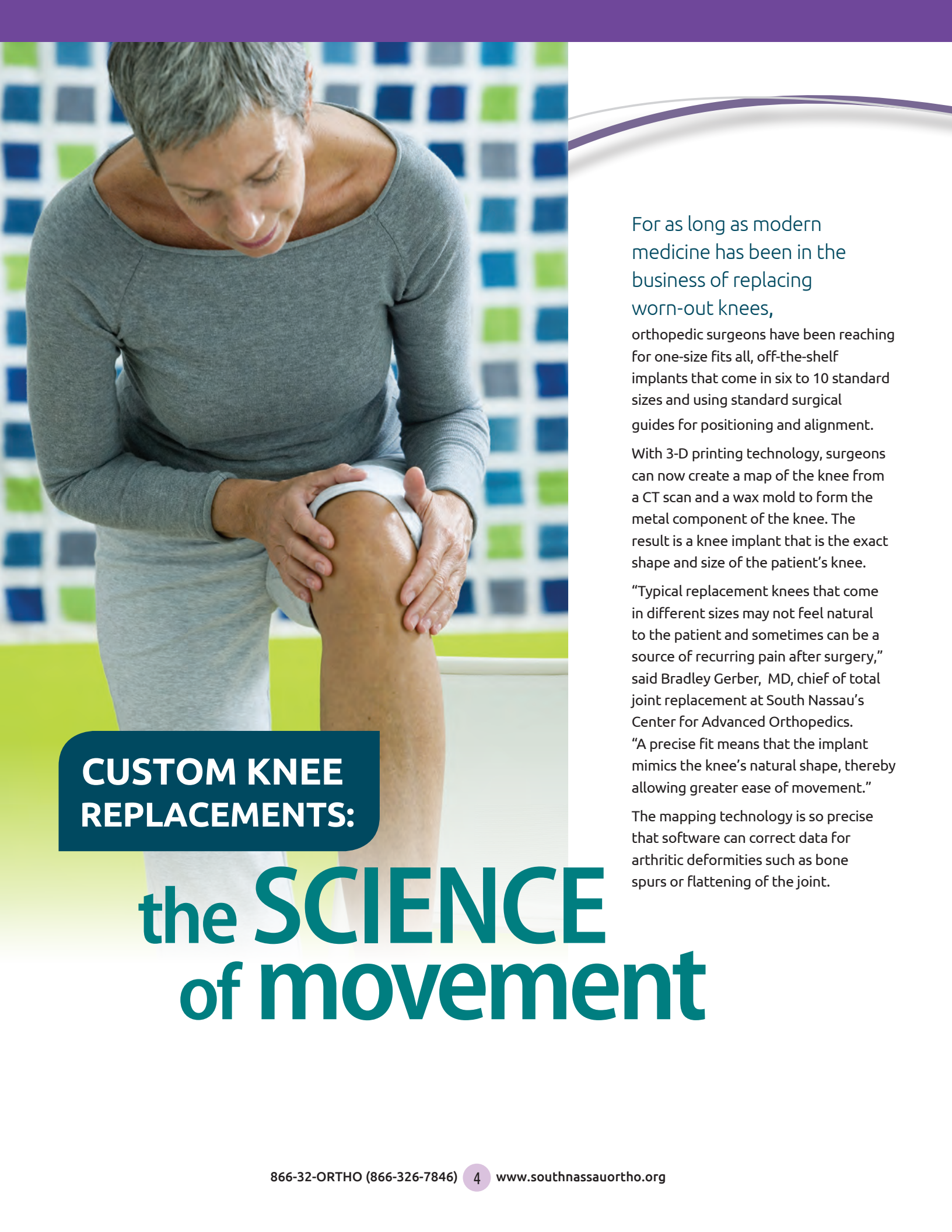
Christopher Durkin running for a touchdown.

that I was going to finally be back on the road to recovery.” During the hip procedure, Dr. Germano repaired the torn labrum, reattaching it to the bone. With three small incisions, he reshaped the bone so the contour of the ball would match the socket. “This is an essential step, as it prevents recurrence of a labral tear,” explained Dr. Germano.

Mr. Durkin was able to leave the hospital the same day and his therapy started that same week. “My recovery has been 100 percent; my hip does not limit me in doing anything that I want to do in this life,” said Mr. Durkin. “I am very pleased with the care I received at South Nassau, and beyond grateful to Dr. Germano for giving me my life back.”

## FOR MORE INFORMATION

on Dr. Germano or the Center for Advanced Orthopedics, call 866-32-ORTHO or visit [southnassau.org](http://southnassau.org).



## CUSTOM KNEE REPLACEMENTS:

# the SCIENCE of movement

For as long as modern medicine has been in the business of replacing worn-out knees, orthopedic surgeons have been reaching for one-size fits all, off-the-shelf implants that come in six to 10 standard sizes and using standard surgical guides for positioning and alignment. With 3-D printing technology, surgeons can now create a map of the knee from a CT scan and a wax mold to form the metal component of the knee. The result is a knee implant that is the exact shape and size of the patient's knee.

"Typical replacement knees that come in different sizes may not feel natural to the patient and sometimes can be a source of recurring pain after surgery," said Bradley Gerber, MD, chief of total joint replacement at South Nassau's Center for Advanced Orthopedics. "A precise fit means that the implant mimics the knee's natural shape, thereby allowing greater ease of movement."

The mapping technology is so precise that software can correct data for arthritic deformities such as bone spurs or flattening of the joint.



*Using 3-D printing technology, the knee implant is the exact shape and size of the patient's knee.*

"Positioning and alignment are crucial to the overall performance of any implant," said Craig Levitz MD, FACS, chair of the Department of Orthopedics. "If there is even the slightest misalignment of the replacement, this can lead to uneven wear, instability and increased risk of revision surgery for the patient."

The procedure takes about 45 minutes to an hour to complete and typically results in a shorter hospital stay, quicker recovery, less pain and more movement.

New also is 3-D personalized instruments designed specifically for each patient's knee anatomy. Using a 3-D computerized scan of the patient's leg, customized surgical guides are created that will allow for a personalized solution in the positioning of a knee replacement.

"Using these custom replacements and surgical guides, we should theoretically see an increase in the longevity of the knee prosthesis," said James A. Germano, MD, chief of hip service at South Nassau. "Ultimately, this is what every surgeon wants for their patient."

**FOR MORE INFORMATION**

on Drs. Levitz, Gerber and Germano or the Center for Advanced Orthopedics, call 866-32-ORTHO or visit [southnassau.org](http://southnassau.org).

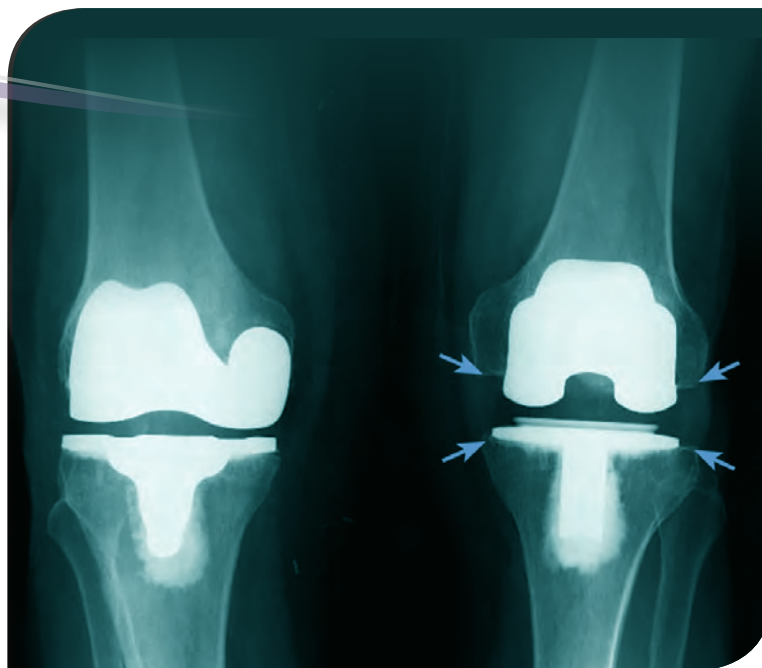


Photo credit: ConforMIS

Above, left, an X-ray image of a custom-tailored knee that is designed to fit the patient precisely. The knee on the right shows a standard, off-the-shelf implant with "implant overhang." When a knee replacement hangs over the joint, it can cause knee pain and impaired function years after the surgery.



Photo credit: DePuy

Using a 3-D computerized scan of the patient's leg, the customized surgical guides above are created and allow for a personalized solution in the positioning of a knee replacement.

# Speeding the Athlete's Return to Sports After ACL Surgery



**Patients who underwent ACL (anterior cruciate ligament) reconstruction** returned to playing sports four months after surgery rather than the usual nine to twelve months of rehabilitation that is standard practice according to Craig Levitz, MD, chair of orthopedics at South Nassau. "The study showed there was no increased risk of injury when returning to sports after four months, and 95 percent of patients were back playing after five months," said Dr. Levitz.

ACL injuries are especially common in athletes and experts note an increased incidence due to rising participation in youth sports, especially among females. "Female athletes have an increased risk of ACL injuries because the surrounding knee musculature (which supports the knee ligaments) is usually weaker than in males and the notch of the knee (the shape of the surrounding bone) is narrower in females, making them more susceptible," said Eric P. Keefer, MD.

At South Nassau, Dr. Levitz, together with Dr. Keefer and Charles Milchtein, MD, are fellowship-trained in sports medicine under world-renowned orthopedic surgeon and sports medicine specialist James Andrews, MD. All three physicians specialize in using minimally-invasive, arthroscopic technology to perform ACL surgeries resulting in less pain, shorter hospital stays and quicker recovery times.

Whether using the Andrews Method or another technique for ACL reconstruction, the key is to restore the nature anatomy of the knee. "When an ACL is torn, the ligament

itself is not repaired or sewn back together, it is removed and a new ligament or graft is placed into the knee," said Dr. Keefer.

Dr. Andrews' technique teaches surgeons to drill the femoral tunnel freehand without the use of a guide. Using this freehand technique "allows the surgeon to drill the tunnel exactly where it needs to go, allowing precise placement of the graft tunnel, which achieves an optimal result for the patient," said Dr. Keefer.

Dr. Milchtein noted that "[Dr. Andrews] pays particular attention to posterior meniscal tears, which are difficult to see unless you know how to look for them. If the surgeon fails to recognize this aspect, patients may still have a poor outcome, despite a perfect ACL reconstruction. The most important factor in the whole process is the rehabilitation," said Dr. Milchtein.

## FOR MORE INFORMATION

on Drs. Levitz, Keefer or Milchtein or the Center for Advanced Orthopedics, call 866-32-ORTHO or visit [southnassau.org](http://southnassau.org).

# *The Center for Advanced Orthopedics welcomes the following new surgeons:*



## ***Cheryl E. Daves, MD***

Dr. Daves is a fellowship-trained, board-admissible pain management specialist who integrates the latest in medical advances and techniques to help minimize pain, improve function and increase a patient's quality of life. She earned a medical degree from New York Medical College in Valhalla and completed a residency in physical medicine & rehabilitation at Stony Brook University Medical Center. Dr. Daves completed a fellowship in pain management-anesthesia at the University of Pittsburgh Medical Center in Pittsburgh, Penn. She is a member of the American Society of Interventional Pain Physicians, New York Society of Physical Medicine and Rehabilitation, American Academy of Physical Medicine and Rehabilitation, American Academy of Pain Medicine and the American Medical Society of Sports Medicine.



## ***Charles Milchteim, MD***

Dr. Milchteim is a fellowship-trained, board-eligible sports medicine specialist who specializes in open and minimally invasive surgery of the shoulder, elbow and knee as well as the treatment of orthopedic trauma. He earned a medical degree from the State University of New York at Buffalo and completed a residency in orthopedic surgery at The George Washington University in Washington, D.C. Dr. Milchteim completed a fellowship in sports medicine at the prestigious Andrews Research and Education Institute in Gulf Breeze, Fla., where he researched and evaluated advances in minimally invasive techniques. He is a member of the American Academy of Orthopedic Surgeons, American Orthopedic Society of Sports Medicine and the Arthroscopy Association of North America. Dr. Milchteim is an accomplished researcher who frequently publishes and presents his findings at national symposia. He is also fluent in Portuguese and Spanish.



## ***Joshua T. Mitgang, MD***

Dr. Mitgang is a fellowship-trained, board-admissible orthopedic surgeon who specializes in the treatment of hand and upper extremity injuries, including those that are sports-related. He has extensive experience with minimally invasive hand surgery including bladeless treatment of trigger finger and Dupuytren's disease. Dr. Mitgang earned a medical degree from SUNY Downstate School of Medicine in Brooklyn and completed a residency in orthopedic surgery there as well. He completed his fellowship at NYU/Hospital for Joint Diseases in New York, where he was named the Emanuel Kaplan Hand Surgery Fellow. Dr. Mitgang is a member of the Medical Society of the State of New York, American Academy of Orthopedic Surgeons and the American Society for Surgery of the Hand.



## ***Andrew A. Tarleton, MD***

Dr. Tarleton is fellowship-trained, board-eligible spine specialist who integrates the latest in minimally invasive procedures to treat such spinal disorders as degenerative disc disease, herniated discs, lower back and neck pain. He earned a medical degree from Tulane University School of Medicine in New Orleans, La. and completed a residency in orthopedic surgery there as well. Dr. Tarleton completed his fellowship in spine surgery at the University of California in San Francisco, Calif. He is a member of the American Academy of Orthopedic Surgeons and the North American Spine Society.



## ***Daniel P. Woods, MD***

Dr. Woods is a fellowship-trained, board-eligible sports medicine specialist who focuses on treating injuries to the knee and shoulder including ACL and rotator cuff repair, as well as UCL (Ulnar Collateral Ligament) reconstruction of the elbow. He earned his medical degree from University of Toledo College of Medicine in Toledo, Ohio and completed a residency in orthopedic surgery at Cabell Huntington Hospital in Huntington, W. Va. Dr. Woods completed his fellowship in sports medicine at The Rothman Institute at Thomas Jefferson University Hospital in Philadelphia, Penn. He served as a fellow for the Philadelphia Phillies, Eagles and Flyers as well as a team physician for several athletic teams at the college and high school level. Dr. Woods is a member of the American Academy of Orthopedic Surgeons and the American Orthopedic Society for Sports Medicine.

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## Better Orthopedic Surgery Outcomes at South Nassau

South Nassau patients enjoy fewer complications after hip & knee replacement surgery than knee and hip patients at most other area and city hospitals, and even throughout the U.S. In fact, of 152 New York hospitals, only four scored better than the national rate, and South Nassau was one of them! You don't need to go elsewhere for excellent orthopedic surgical care – you can get it right here at South Nassau.



Certified by The Joint Commission for disease specific care in knee and hip joint replacement programs.

Source: Publicly reported data from Medicare's Hospital Compare website at [medicare.gov](http://medicare.gov); current as of September 2014.



## Pre-Surgery Joint Replacement Education Classes

*Offered every other Thursday,  
in Conference Room B.*

*Classes are free of charge and  
free parking is available.*

### 2014

November 13	6:00–7:30 p.m.
November 20	12:00–1:30 p.m.
December 4	12:00–1:30 p.m.
December 11	6:00–7:30 p.m.
December 18	12:00–1:30 p.m.

### 2015

January 15	12:00–1:30 p.m.
January 29	12:00–1:30 p.m.
January 29	6:00–7:30 p.m.
February 12	12:00–1:30 p.m.
February 12	6:00–7:30 p.m.
February 26	12:00–1:30 p.m.
March 12	12:00–1:30 p.m.
March 26	12:00–1:30 p.m.
March 26	6:00–7:30 p.m.
April 9	12:00–1:30 p.m.
April 23	12:00–1:30 p.m.
April 23	6:00–7:30 p.m.
May 7	12:00–1:30 p.m.
May 21	12:00–1:30 p.m.
May 21	6:00–7:30 p.m.

