

on the move

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OUCH – there goes my aching back – again!

Literally, this was how every morning felt to James Beachy, a 58-year-old bus operator from East Meadow, NY. “I was in pain all the time; I couldn’t walk, sit for long periods of time or lift anything,” said Mr. Beachy. “This was extremely hard on me regarding my work, as well as exercising. I love to walk, and that was impossible as it was so painful.”

After two lumbar laminectomies, a surgical procedure used to treat spinal stenosis, Mr. Beachy was still in enough pain to hamper his lifestyle. While speaking one day with his neighbor, Bonnie Fuhrman, about his dilemma, she recommended he see her boss, Dr. Michael Shapiro.

Michael Shapiro, M.D. is the chief of spine surgery at South Nassau Hospital and one

of the few physicians in the world trained on the XLIF, or eXtreme Lateral Interbody Fusion surgery. “XLIF is a minimally invasive fusion method that allows the surgeon to approach the spine from the side of the patient rather than the front or the back,” said Dr. Shapiro. “Since this method avoids traversing through the abdomen or cutting and disrupting the muscles of the back, there are fewer traumas to the body than with traditional

open fusion surgery and the patient can recover in weeks rather than months.”

Mr. Beachy underwent the XLIF procedure with Dr. Shapiro on January 18, 2011 and by March 2011, he was back to work. “In fact, I was up and walking the day after the surgery”, said Mr. Beachy.

“With this procedure, it’s not uncommon for my patients to get up and walk the



James Beachy, 8 months after Xlif surgery, enjoying his daily exercise again.

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Physician Profiles



Craig Levitz, M.D.

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

Dr. Levitz was recently listed for the fourth 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 has been recognized by *Long Island Business News* as the top orthopedic surgeon on Long Island.



Bradley Gerber, M.D.

A national leader in hip resurfacing procedures, Dr. Gerber is fellowship-trained in adult reconstruction and is 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 Hospital.

Dr. Gerber was also named as one of the Best Orthopedic Surgeons on Long Island by the *Long Island Press'* Best of Long Island poll for 2011.



James A. Germano, M.D.

Dr. Germano is chief of hip service at South Nassau. He is a board-certified, fellowship-trained orthopedist who sub-specializes in total hip, knee and shoulder replacement with a special interest in revision arthroplasty. He is skilled in minimally invasive and computer-assisted surgery as well as alternative bearing surgery.



Michael B. Shapiro, M.D.

Chief of spine surgery at South Nassau Hospital, Dr. Shapiro is a board certified, fellowship-trained spinal surgeon recognized as one of the nation's leaders in spinal instrumentation, revision spinal surgery and disc arthroplasty surgery. His practice focuses on the treatment of spinal disorders, lower back and neck pain, osteoporosis, scoliosis and sciatica.

Dr. Shapiro specializes in a number of cutting-edge spinal surgical techniques such as kyphoplasty, and lumbar disc replacement.

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Jaime Castro, leading the pack, on their annual Saturday trek.

Back on the Chain Gang; the Cycling Chain Gang, That Is!

Every Saturday like clockwork, Jaime Castro would meet his cycling group at Brands Cycle and Fitness in Wantagh for their 7:00 a.m. weekly ride. But after one of their usual 40-mile treks, he noticed that, when walking or doing even light exercises, the pain in his left knee was getting worse.

“My condition was hindering my cycling, which I love, as well as affecting me mentally. I started receiving recommendations from friends to try different things, such as glucosamine, but I knew I needed a professional opinion,” said Mr. Castro.

Through his cycling, Mr. Castro had met Donald S. Krieff, M.D., a neurosurgeon who happens to be affiliated with South Nassau Hospital; Dr. Krieff recommended Mr. Castro see Bradley Gerber, M.D., chief of total joint replacement.

“Once I met with Mr. Castro, I knew that he was the perfect candidate for a new high-flex, rotating platform knee,” said Dr. Gerber. “He is an athlete, a cyclist and he needs the ability to bend and rotate his knee without restriction. This knee was the best option for him; it can take the abuse of biking and will give him a better range of motion, as well as a more natural feel.”

Dr. Gerber performed Mr. Castro’s knee replacement in February 2011, incorporating the gap-balancing technique for knee replacement surgery. This technique assures that all the ligaments are properly balanced on both sides of the knee, keeping it stable.

Five months after surgery, the 73-year-old cyclist is progressing nicely. Since May 2011, he has ridden 600 miles. “I am looking forward to reaching and bypassing my prior mileage of 150-200 miles per week,” said Mr. Castro. “My experience at South Nassau has been great from the very first visit and Dr. Gerber has by far been the most easygoing and comforting doctor I have ever encountered.”

Riding is therapy for Mr. Castro and he looks forward to doing it even more now. “It’s getting better and better every day, and now, I don’t feel any pain at all!”

For more information on knee replacement surgery or to schedule an appointment with Dr. Gerber, please call 1-866-32-ORTHO.

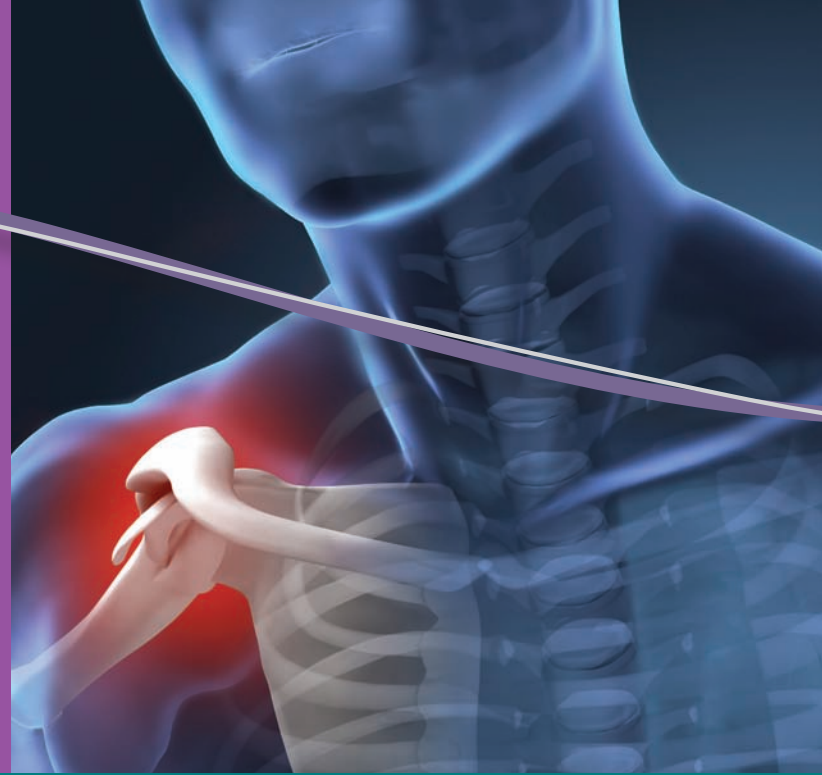
Close Up: What exactly is the Gap-Balance Technique?

Gap-balancing is a technique used by some surgeons during a full knee replacement surgery to align and balance the knees ligaments so that they properly stabilize the knee joint.

“Unbalanced ligaments are one of the main causes for instability in a knee replacement, and other than infection, instability is the number one cause of early failure for any knee replacement,” said Dr. Gerber.

Proper balancing of the ligaments can mean the difference between a knee lasting 15-20 years as opposed to five years – or less. “You can put a knee in upside-down or backwards and it will do well for a year or so. But when a knee replacement is done right from the beginning, and you take the time to balance the ligaments properly, that replacement will last 15 years or more. There is an art to doing gap-balancing; it’s not easy but, when done properly, it can create a masterpiece.”

Raising The Bar at The Shoulder Center at South Nassau



The past 6 months have been a very busy time for the physicians at the new Shoulder Center here at South Nassau. Since establishing the Center at the beginning of the year, the physicians have been involved in many interesting cases including shoulder arthroscopy for rotator cuff repairs and labral repairs for SLAP tears and/or for stabilization of a dislocating shoulder; triple row rotator cuff repairs which allow for earlier range of motion; use of a new type of

anesthesia that results in no pain for the first two days after surgery; and several surgeries for arthroscopic treatment of shoulder bursitis.

Another interesting technique our physicians (most recently Dr. Eric Price) have started using is the knotless suture-based technique. During arthroscopic surgery, surgeons had been required to use suture anchors and arthroscopic knot-tying to secure repairs. The newest generation of arthroscopic fixation devices utilizes knotless suture-based anchors, which eliminate the need for knot-tying. The physicians at the Shoulder Center have recently started using this technique, which allows for less suture bulk within the shoulder and less operative time.

All the physicians at the Shoulder Center use the latest advances in arthroscopic surgery, a minimally invasive technique, to perform their surgeries. Using only a 1/4-inch incision to gain access to the inside of the shoulder, the arthroscope, a pencil-sized fiber optic tube with an attached magnifying lens and tiny video camera, is inserted into the joint. The camera is connected to a high-definition monitor, which displays a three dimensional view of the surgical field. This view can be magnified nearly 30 times, giving the surgeon clear and unobstructed vision inside the shoulder.

For more information or to schedule an appointment with one of the surgeon's at our Shoulder Center, please call 1-866-32-ORTHO.



Our physicians at The Shoulder Center include:

Shoulder Center Physicians



Craig Levitz, M.D.

Dr. Levitz is chief of orthopedics and director of the shoulder center. For more information about Dr. Levitz please see his bio on page 2.



Eric Price, M.D.

Dr. Price is a board-certified, fellowship-trained sports medicine specialist. He takes care of all types of athletes, from pee-wee league players to pros and from weekend warriors to triathletes. An athlete himself, he understands the importance of returning a player to their game. Dr. Price's expertise includes shoulder arthroscopy for repair of rotator cuff tears, dislocations and knee arthroscopy, including ACL and meniscus surgery.

Dr. Price recently served as the official event physician for the recent Quiksilver Pro Surfing Contest in Long Beach, NY and serves as the team physician for the Long Island Rough Riders Soccer team.



Eric P. Keefer, M.D.

Dr. Keefer is a board-certified, fellowship-trained physician who focuses on sports medicine injuries, specifically related to treatment of 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.

And we would like to introduce you to the newest physician joining The Shoulder Center at South Nassau:



Jonathan B. Ticker, M.D.

Jonathan Ticker, M.D. is a board-certified, fellowship-trained shoulder and sports medicine specialist. Having completed his medical degree at the University of Medicine and Dentistry of New Jersey, Dr. Ticker went on to complete both his orthopedic residency and a research fellowship in shoulder biomechanics at Columbia-Presbyterian Medical Center. He later completed a fellowship in sports medicine/shoulder at the University of Pittsburgh's Center for Sports Medicine and Rehabilitation.

Dr. Ticker is an Assistant Clinical Professor of Orthopaedic Surgery at the College of Physicians and Surgeons at Columbia University. With over 40 publications, national and international lectures, TV, print and interactive media appearances, as well as two books on shoulder surgery and shoulder arthroscopy to his credit, Dr. Ticker is a leading authority in minimally invasive arthroscopic procedures for shoulder repair.

He has also served as part of the medical staff and as an advisor for several national professional sports teams, along with collegiate and youth teams and organizations. Dr. Ticker is a member of American Medical Association, American College of Sports Medicine, New York Orthopaedic Hospital Alumni Association, Medical Society of the State of New York, Nassau County Medical Society, New York State Society of Orthopaedic Surgeons, American Academy of Orthopaedic Surgeons, Arthroscopy Association of North America, Société Internationale de Chirurgie Orthopédique et de Traumatologie (SICOT) (International Society of Orthopaedic Surgery and Traumatology), Columbia Shoulder Society and the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine.

Dr. Ticker was also recently appointed as Chair of the Research Committee of the Arthroscopy Association of North America (AANA). This is the largest society devoted to the field of arthroscopy. In addition, he also authored two articles this year. One in the August 2011 issue of *ARTHROSCOPY: The Journal of Arthroscopic and Related Surgery*, which he co-authored with Stephen Burkhart, MD, entitled "Why Repair the Subscapularis: A Logical Rationale" and a second article in the January 2011 issue of the *Journal of Shoulder & Elbow Surgery* entitled "History of Shoulder and Elbow Surgery: 100, 75, 50, and 25 Years Ago in North America".

Welcome

Shoulder Injuries Can Happen To Anyone – Even Athletic Trainers!



Photography by: Fusion Physical Therapy & Sports Wellness

Mr. Stephen's speedy recovery is also attributed to his dedication to pre- and post surgical rehabilitation.

In the fall of 2010, waking with shoulder pain was a daily occurrence for Greg Stephen of New York City. “Being an active guy who typically exercises 6 days a week, my condition was very depressing,” said Mr. Stephen. “I’m the type of person who has always challenged myself physically, so not being able to perform certain activities hit me hard.”

After numerous physical therapy appointments as well as cortisone injections to alleviate the pain, the 45-year-old personal trainer had an MRI in October 2010 and was diagnosed with a SLAP tear or torn labrum of the right shoulder.

“It was difficult to push myself through activities that were very painful, but the mental toll of feeling old, falling apart at the joints and not being able to do the things I enjoy was worse,” said Mr. Stephen.

After several failed attempts with other therapies and conversations with friends, he contacted Craig Levitz, M.D., chair of orthopedics at South Nassau and the head of the hospital’s new shoulder center.

“Mr. Stephen had a SLAP tear, which is a tear to a ring of firm tissue called the labrum, which surrounds the shoulder socket to keep it stable,” stated Dr. Levitz. “His best option for a full recovery was to have the tear repaired using arthroscopic surgery.”

Arthroscopic (or minimally invasive) shoulder surgery uses pencil-thin surgical tools, which require an approximately ¼ -inch incision, as compared to a 5-inch

incision for open surgery. This reduces trauma to surrounding tissues as well as the loss of blood and post-operative pain, resulting in a quicker recovery and faster return to daily activities.

The surgery was performed on December 2, 2010. Within a week after his surgery he no longer required pain medication, and after one month, he was amazed as he reflected on the speed his recovery. “My range of motion was greatly improved and therapy was less painful every day,” said Mr. Stephen.

He also credits his “pre-hab” routine, which was suggested by Dr. Levitz, with assisting in his full recovery. “I started physical therapy exercises six weeks prior to my surgery and it helped strengthen the small muscles of my shoulder, which greatly improved with my recovery.” Also, the residual bicep and elbow pain he was feeling as a result of the labrum tear was alleviated after the surgery.



For more information on the Shoulder Center at South Nassau, please call 866-32-ORTHO, or visit us on the web at southnassau.org.

Tennis Player Delivers Smash to Osteoarthritis

Being active and athletic most of her life, Val found the ongoing pain in her hip to be severe and limiting. “The pain was affecting me mentally as well as physically. I was very active and unable to perform all the activities that brought me pleasure and a sense of well being,” said the 62-year-old from Uniondale. “With severe pain, one’s energy level is low and limiting.”

That is when she decided to seek the help of James A. Germano, M.D. and chief of hip service at South Nassau. “I went to see Isaac Cohen, M.D. in May of 2009 when the constant hip pain got to be too much, and he did an x-ray; I had bone on bone. He recommended that I see Dr. Germano.”

“Val had a severe case of osteoarthritis and was in enough pain to affect her daily activities and keep her from participating and competing in the sports she enjoyed. She had exhausted all her other options; the arthritis had advanced far enough that surgery was the only solution.”

Dr. Germano performed a total hip arthroplasty (THA), or total hip replacement on Val in August of 2009. “This was the best option for someone as active as she is because the type of replacement we used, ceramic on high molecular weight polyethylene, has been shown to last longer than a conventional THA. She is back doing all the activities she loves to do; she has no restrictions.”



Leaning in to take the shot, now, gives Val no hip pain!

“Since my hip replacement, I am able to play tennis on a competitive level again. I was able to assist my team in becoming the Nassau County champions exactly one year after my surgery,” said Val. “As a matter of fact, I was back on the tennis court three months after surgery preparing for that championship! We also won again this year!”

Today, yoga, skiing and, of course, tennis are all a large part of her life and bring Val much joy. She is happy to say that her experience at South Nassau and with Dr. Germano was nothing short of “phenomenal.”

“The staff at South Nassau was professional and caring; when I rang my bell, sometimes two people responded.”

Regarding Dr. Germano, Val said, “I was so impressed with Dr. Germano that I referred five other people to him!”

For more information on hip replacement surgery or to schedule an appointment with Dr. Germano, please call 1-866-32-ORTHO.

“*Since my hip replacement, I am able to play tennis on a competitive level again. I was able to assist my team in becoming the Nassau County champions exactly one year after my surgery.*”



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- Delivering a SMASH to osteoarthritis
- OUCH-my aching back!
- Leading the pack after knee replacement

CENTER FOR ADVANCED ORTHOPEDICS

There goes my aching back – again *Continued from page 1*

very next day”, says Dr. Shapiro. “The XLIF surgery does not cut the muscles of the abdomen or back, but rather, splits them; many patients are able to walk right away.”

“The XLIF surgery does not cut the muscles of the abdomen or back, but rather, splits them; many patients are able to walk right away.”

Now, the 58-year-old bus operator has no pain when sitting for long periods of time and can perform his favorite exercise without restriction. “Within a week after my surgery, I was able to go walking with minimal pain. Now I can walk every night with my wife and have no pain at all. Dr. Shapiro is a wonderful physician; he has changed my life for the better!”

For more information on the XLIF surgical procedure or to schedule an appointment with Dr. Michael Shapiro, please call 866-32-ORTHO.



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Nov. 10, 2011 Conference Room B
Nov. 17, 2011 Conference Room B
Dec. 8, 2011 Conference Room B
Dec. 22, 2011 Conference Room B

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