



# Soothing a Savage Shoulder:

## New Center Addresses Growing Need

**Are you experiencing chronic shoulder pain or stiffness? Do you feel as if your shoulder may pop or slide out of its socket, or do you lack the strength in your shoulder to carry out your daily activities? Then it's time for you to schedule a consultation with the surgeons of the Shoulder Center at South Nassau Hospital's Center for Advanced Orthopedics.**

"The Shoulder Center has been established to answer the community's ever-increasing need for expert orthopedic care in the examination, diagnosis, and treatment of shoulder injuries due to injuries sustained on the playing field, in the home or work place or just from overuse," said Craig Levitz, M.D., chair of orthopedic surgery and director of the Center for Advanced Orthopedics. "Our commitment to the highest standards in patient care and the advantages of modern

surgical technology to repair injuries results in the best possible outcomes for our patients."

In addition to Dr. Levitz, the center's shoulder specialists include Eric Price, M.D., who is fellowship-trained in sports medicine and is an associate master instructor in shoulder arthroscopy for the Arthroscopy Association of North America, and Eric P. Keefer, M.D., who completed his fellowship training at the prestigious American Sports Medicine Institute

in Birmingham, Ala. Both Drs. Price and Keefer have extensive training and experience in diagnosing and repairing all forms of shoulder injuries including instability, impingement, rotator cuff or labrum tears, recurrent dislocations and frozen shoulder.

The center's surgeons use arthroscopy, a minimally invasive procedure, to perform most surgeries. The arthroscope is a pencil-sized fiber optic tube with an attached magnifying lens and tiny video camera that is inserted into the joint through a small (one-quarter inch) incision. 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 of the surgical field.

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# Physician Profiles

## *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 fellowship-trained orthopedist who subspecializes 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.

## *Craig Levitz, M.D.*



Dr. Levitz is chair of orthopedics at South Nassau Hospital and director of orthopedic surgery. 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 third consecutive year in New York's "Top Doctors" in orthopedic surgery published by Castle Connolly, and has also been recognized by Long Island Business News as the "Top Orthopedic Surgeon" on Long Island.

## *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.

## *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 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.

## *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.

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# Hip Replacement Renews Hope for Eighteen Year Old

**B**ack in the summer of 2009, starting college was the predominant thought on Christina Obadare's mind. That is, except for the daunting notion of possibly beginning her first day at Nassau Community College either in a wheelchair or on crutches.

The bubbly, energetic eighteen year-old was wheelchair-bound, no thanks to an ongoing battle with sickle-cell anemia, which had contributed to her contracting avascular necrosis (also known as osteonecrosis) of the hip joints. The disease is caused by reduced blood flow to the bone. Without proper blood flow, the bone tissue in the joint dies and causes the bone to collapse. Not only did Ms. Obadare have the debilitating condition in one hip, but she eventually developed it in the other hip, too.

According to the National Osteonecrosis Foundation, avascular necrosis affects approximately 20,000 Americans each year. Most patients are between the ages of 20 and 50 years old. Left untreated, the joint is eventually destroyed, thereby requiring a total joint replacement. Avascular necrosis most often affects the hip, knee and shoulder joints.

After seeking assistance from no fewer than five orthopedic surgeons, all of whom refused to perform a total hip replacement because of her age, Ms. Obadare was referred to Dr. James A. Germano, chief of hip service at South Nassau. Dr. Germano knew there was no other option; both of Ms. Obadare's hip joints needed to be replaced. "She was wheelchair-bound, unable to walk and in tremendous pain," said Dr. Germano. "She had already missed her first semester of college because of her condition; replacement was the only viable option."



Dr. Germano tests the flexibility of Christina Obadare's hip during a follow-up visit.

As far as Ms. Obadare was concerned, Dr. Germano was "God-sent." "I was tired of being in constant pain, not able to go out with my friends and having to take all those pain killers." So in October of 2009, Dr. Germano performed the right hip replacement surgery; and the left hip was repaired in December of that same year.

"My recovery went very well; I was up and around after the first surgery within two weeks, and then in one week following the second surgery," said Ms. Obadare. "Now, I have no pain whatsoever and am not limited in my daily activities."

"She is doing very well, walking up stairs, attending classes, basically back to doing everything a typical college student would do," said Dr. Germano. "Her goal after the surgeries was to walk into college her first day without the use of crutches. I am happy to say she got her wish!"

Said Ms. Obadare: "I am so grateful to Dr. Germano, God and the staff at South Nassau; they gave me my life back. And now, I can go shopping again!"

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

## Close Up: Hip Replacement Implant

In a total hip replacement surgery, doctors replace the diseased or damaged hip with an implant consisting of a ball, stem and socket component. The natural hip joint is like a ball that fits into a socket.

The top of the thigh bone or femur is the ball portion, which rotates within the acetabulum (socket portion).

In total hip replacement surgery, the ball and socket are replaced with a new ball, socket and stem. With hip replacement surgery, a new acetabular cup (socket) will be used

to replace the acetabulum (natural hip socket). The stem is inserted inside the femur (thigh bone), and the femoral head (or ball) fits inside the acetabular cup which is inserted into the pelvis. As these three components are united, hip movement will be restored.

As with any medical treatment, individual results may vary. Only your orthopedic surgeon can determine whether an orthopedic implant is an appropriate course of treatment.

acetabular cup (new socket) \_\_\_\_\_

femoral head (or ball) \_\_\_\_\_



femoral stem \_\_\_\_\_

# Knee Replacement Surgery Opens Up A New Life for Active Retiree

Imagine not being able to take your grandchildren for a walk or having to plan your entire day around how many stairs you would have to negotiate. That was a daily occurrence for 62 year-old Karen Fitzgerald, who was living with osteoarthritis in her left knee.

"My condition affected my life in so many ways. I was unable to do my own food shopping; my daughter had to do it. Cleaning house became difficult. I put on 20 pounds and my zest for life was just gone because the pain was so bad," said Ms. Fitzgerald.

According to the Arthritis Foundation, there are an estimated 27 million Americans living with osteoarthritis and the cause is still not completely known. Ms. Fitzgerald had exhausted all of the normal courses of treatment: anti-inflammatories; other medications; physical therapy; lifestyle changes; and injections. Nothing relieved the pain in her left knee. She decided it was time to seek the assistance of Bradley Gerber, M.D., chief of total joint replacement at South Nassau, whom she was referred to, to obtain some much-needed relief.

"She was in enough pain to affect her activities of daily living and her quality of life was poor because of this pain," said Dr. Gerber. "She was having difficulty walking, shopping and exercising, and it was affecting her sleep. After exhausting all the other options, her arthritis had advanced far enough that surgery was the only solution."

So in June of last year, Dr. Gerber performed a total knee replacement using the Sigma® Rotating Platform Knee. The Sigma Knee is unique because it is designed to allow the knee to naturally rotate as it bends. As Dr. Gerber explains, "Most knees are locked into what we call the "tibial component" and they do not rotate or move. The knee joint [in the Sigma Rotating Platform Knee] is not locked into place; it rotates freely. This will help with preventing it from wearing as quickly as other types of fixed knee replacements, as well as give it a more natural feel."

A few months later, Ms. Fitzgerald is back to doing what she enjoys most. "I'm 62 and I feel like I'm 42 now. I can enjoy my grandchildren, take the dog for a walk and do little things that you take for granted every day," she said. "Everyone at South Nassau made this a pleasurable experience; it's our 'family hospital' and the staff is wonderful. It's like our home."

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



Dr. Gerber and Karen Fitzgerald discuss her progress.

## Close Up: The Rotating Platform Knee

Rotating Platform Knees are unique because they are designed to provide more natural knee movement and flexibility for patients. The surfaces of a normal knee joint roll and glide against one another as the knee bends, naturally rotating with movement.

The Rotating Platform Knee Replacement allows the knee to slightly rotate or move as it flexes and extends, accommodating the knee's normal need for rotation. This allows for more natural motion in the knee joint than with a fixed knee replacement device, and also reduces wear and tear on the knee replacement.

As with any medical treatment, individual results may vary and only your orthopedic surgeon can determine whether an orthopedic implant is an appropriate course of treatment for your condition.





**Classes are offered on Thursdays,  
from 12:00 - 1:30 p.m.**

February 17, 2011..... Conference room B  
 March 3, 2011 ..... Conference room B  
 March 17, 2011 ..... Conference room B  
 March 31, 2011 ..... Conference room A  
 April 14, 2011 ..... Conference room B  
 April 28, 2011 ..... Conference room B  
 May 12, 2011..... Conference room B  
 May 26, 2011 ..... Conference room B

**To register,  
please call 516-632-3924  
or online:  
[www.southnassau.org/  
orthopedics/onlineapp.cfm](http://www.southnassau.org/orthopedics/onlineapp.cfm)**

## Pre-Surgery Joint Replacement Education Class

The More You Know... the Better You Feel

**A**t the Long Island Joint Replacement Institute at South Nassau, our goal is to get you back on your feet and on the road to a speedy recovery. Our specialists have developed a 90-minute preoperative class to help put your mind at ease and guide you, step by step, through what to expect before, during and after your joint replacement surgery.

Our FREE Total Joint Replacement Class, for patients scheduled for hip or knee replacement surgery, provides vital information about the procedure, recovery, rehabilitation and patient-centered options, as well as a tour of the hospital, the orthopedic unit and the post-operative therapy area. Representatives from patient care, anesthesia, physical therapy and more will

provide detailed presentations and answer any questions you may have.

Special services will also be covered, which include the evaluation and assessment of assistive devices such as, wheelchairs, canes and long-handled shoe horns, you may need to help you perform activities of daily living.

### Soothing a Savage Shoulder *continued from page 1*

"We also use the arthroscope and minimally-invasive surgical techniques to repair acute instability disorders and massive rotator cuff tears," said Dr. Levitz. "Our patients can count on us to work with them to determine the best course of treatment, depending on their overall health, the extent of the injury and other factors."

To ensure that patients maximize the benefits of the surgical treatments, South Nassau offers the

Sports Medicine and Rehabilitation Therapy Center (SMART). Its physical therapy and rehabilitation programs combine a physiatrist's keen understanding of the body's mechanics with a staff of experienced physical, occupational and speech therapists. Patient-specific rehabilitative or therapeutic programs promote short- and long-term health and wellness. Therapists work closely with the patient's surgeon in developing a

personalized rehabilitation program and provides regular updates on progress. "The result of this team approach is that programs are based upon individual conditions that help the patients achieve realistic levels of functioning," said Dr. Levitz.

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

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- Hip Replacement Renews Hope for Teen

## CENTER FOR ADVANCED ORTHOPEDICS

# Getting to the Root of Your Spinal Problem ProDisc™ Total Disc Replacement Relieves Pain, Restores Function

It used to be that if you had a herniated spinal disc or suffered from degenerative disc disease, your only surgical treatment option was spinal fusion. But now, a procedure called ProDisc Total Disc Replacement is changing all that.

In spinal fusion, the diseased disc, which presses against nerves and causes pain, is removed and replaced with an implant and/or rods and screws. Over time, the bones fuse or become welded together, eliminating pain and movement at that level of the spine.

With ProDisc, manufactured by Synthes Spine of West Chester, Penn., the diseased disc is also removed but replaced with an artificial one, which allows movement and improved function. The plastic and metal implant is based on a ball-and-socket principle, allowing back-and-forth and side-to-side movement.

The procedure restores the natural distance between the two vertebrae and does not require a bone graft or bone chips from the patient or a

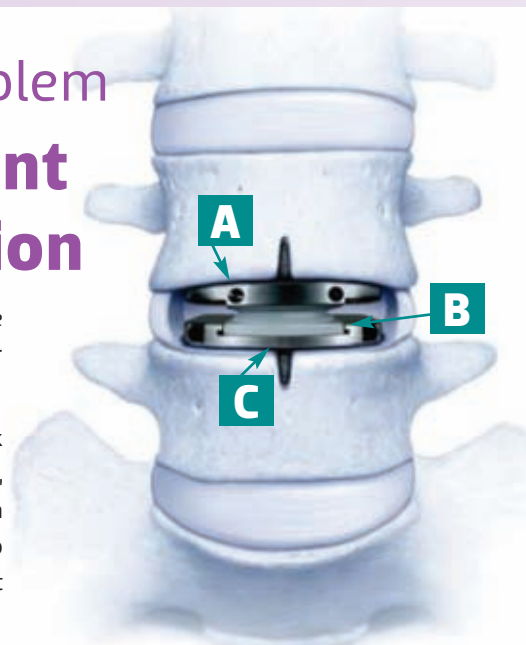
bone bank. ProDisc treats disc disease in the cervical spine or neck and the lumbar spine or lower back.

"Disc degeneration is a common cause of neck and back pain," said orthopedist Michael Shapiro, M.D., who is director of spine surgery at South Nassau. "Thankfully, now we have another tool to treat spinal problems. ProDisc helps to protect and restore movement of the spine."

Candidates for ProDisc must be at least 21 and have stopped growing and have chronic pain from disc disease that has not improved after six weeks of physical therapy or medication. The hospital stay following the procedure is typically one to two days.

In clinical studies, the restoration of normal function 24 weeks following ProDisc was higher than in patients who had undergone spinal fusion.

To schedule a consultation appointment with Dr. Shapiro, call **1-866-32-ORTHO**.



- A.** Top endplate: This concave metal plate is anchored to the vertebra (neck or lower back bone) and acts like a socket.
- B.** This convex shaped plastic inlay fits between the two endplates and acts as a ball.
- C.** Bottom endplate: This endplate is anchored to the vertebra, where the affected disc was located. The inlay above it securely locks into this plate.

The ProDisc Total Disc Replacement for the lower back restores the natural distance between the two vertebrae. The top and bottom endplates can slide over the domed part of the plastic inlay, allowing movement at the level where it's implanted.