

A QUICK RETURN TO AN ACTIVE LIFESTYLE MADE EASIER BY
MINIMALLY INVASIVE PROCEDURE



When Mary Yonker underwent surgery on Dec 13, 2010 to have a bilateral total knee replacement, she knew she would have a recovery period, she just didn't know how quick it would be.

After having very stiff knees for over 10 years, Mary visited Dr. Jeff Postma at South Haven Orthopedics. Her exam and x-rays indicated that she was a candidate to have both knees replaced. A personalized plan of care was designed and surgery was scheduled. "I chose Dr. Postma as my surgeon because he demonstrated great concern and thoroughness as he answered all my questions", stated Mary. "My surgery was on December 13 and the care I received at the hospital (*South Haven Health System*) was wonderful. Both the surgical team and the nurses in the unit that cared for me after surgery are skilled and kind. I know it is unusual to have both knees replaced at one time, so I thought it would take some time and work, but because of the special procedure I had, I was able to climb stairs five days later."

Dr. Postma uses the latest technology which involves using a patient's x-rays &/or MRI to create custom computer planned surgical instrumentation for use with the knee implant. By using the custom, patient specific instruments, Dr. Postma can accommodate the unique shape of the joint which allows better implant placement, eliminates multiple steps and valuable time from the surgery. This decreases the risk of infection and the amount of time the patient is under anesthesia.

The implant that Dr. Postma used in Mary's knees is made of a technologically advanced material called OXINIUM* Oxidized Zirconium which has a reduced wear rate over traditional standard cobalt chrome metal knee implants. Patient's such as Mary may return to an active lifestyle because they are better able to tolerate activity and the implant may last longer.

One week after surgery, Mary was having physical therapy at the Rehabilitation Services Department of the South Haven Health System. "My incisions are healing well, I walked up stairs five days after the surgery and walked without assistance one week after. The therapy team has personalized my exercises and I improve with each visit. Even though I had major surgery, it has been a great experience." Mary was back to work full-time, at a position where she stands most of the day, within 12 weeks after surgery.

If you are considering knee surgery, talk with Dr. Postma at South Haven Orthopedics, 269-639-2866, to see if you are a candidate for a customized surgical instrumentation procedure.

*Every patient is different and requires individualized pre-and post- surgery care. Not all outcomes are the same for every patient.