

Double Knee Replacement Patient: CHN ORTHOPEDIC TEAM IS EXEMPLARY

Rita March, an active 60 year-old retired teacher, enjoys golfing, swimming, gardening, walking her small Munsterlander dog and riding her Harley.

In the past two years, March has had both knees replaced.

A total knee replacement is a major surgery entailing a pre-surgery class and months of physical therapy. March is a fairly young patient, but arthritis runs in her family.

March's primary care physician recommended Dr. David Jones, an orthopedic surgeon with CHN for 26 years.

"When Dr. Jones looked at my family history, he told me, 'You were doomed at conception!'" March laughed.

March said she received exemplary care at Berlin Hospital.

"The staff was dedicated, caring, professional, helpful, prompt and got along well with each other," said March. "I often watched and listened to their interaction when they didn't know I was doing it. They obviously love what they do."

She also praised the dinner service—"three meals a day served with a smile"—as well as the private room and flat screen TV.

March's treatment first began during a pre-surgery class offered for total knee and hip replacement patients. This prepares patients for surgery and eases the post-operative process.

"We practiced using our crutches and exercises, and went through what to expect step-by-step," she said. "They were very thorough."

Post surgery, hospital staff was extremely attentive, said March. And when she was in bed, a slow-moving machine continually bent her knee from 0 to 65 degrees to prevent stiffening. Three days after surgery, March passed the "stairs" test and went home.



Physical therapy followed surgery. March's therapist, Lori Badtke, has been with CHN for 16 years.

"It is essential that patients start moving right away after surgery," said Badtke. "Many patients have been limping, some for 10 years. We help them strengthen the muscles and break those habits."

For patients such as Rita, the main goals for the knee are range of motion—to reach a 120-degree angle—and to gain muscle strength. Rita reached the 128-degree mark a few weeks after surgery. "I got an A+ and didn't have to return for 2 weeks. Overachievers love getting an A+!"

Badtke said the physical therapy staff has a seamless process for handling patient information, which translates into better patient care.

"They remember you, they smile when they see you and they treat you like you are very important," said March. "Patients remember that."

CHN
Community Health Network
225 Memorial Drive
Berlin, WI 54923

NON-PROFIT ORG.
U.S. POSTAGE
PAID
OSHKOSH, WI 54902
PERMIT NO. 90

CHN
Community Health Network



2009 | ISSUE 3

Knowing You

We Know You

Ripon Orthopedics Expo

**Join Orthopedic Surgeons
John Horan, MD and
David Jones, MD
Tuesday, December 15th
Royal Ridges, Ripon
4:00 – 7:00pm**



Dr. Horan and Dr. Jones are offering an educational presentation on the latest technology in orthopedics. Get all your questions answered, right from the docs!

Also at the orthopedics expo providing information will be:

- DePuy Company
- Stryker Company
- Central Wisconsin Anesthesia Associates
- CHN Rehabilitation staff
- CHN Medical Billing and Insurance staff
- CHN Juliette Manor Rehab
- CHN Surgical and Nursing staff
- CHN Social Services

A light supper will be served. This expo is FREE, and open to all community members interested in learning about their orthopedic options.

Please call and reserve your spot today! 920-361-5480

2009 | ISSUE 3

Knowing You

Community Health Network
225 Memorial Drive
Berlin, WI 54923
920-361-1313
www.chnwi.org

Knowing You is published by Community Health Network as a service to our area communities. The information is intended to supplement the advice of your personal physician.

Community Relations Director
Kelly Krause

Graphic Designer
Desirée Kono

Copywriter
Spark Advertising

Printer
Steinert Printing Company, Inc.

For comments or questions regarding this newsletter, please call the Community Relations Department at 920-361-5480, or email talktous@chnwi.org.

Community Health Network COMMITTED TO ORTHOPEDIC EXCELLENCE

The orthopedic team at CHN is driven by one thing—providing excellence. Just talk to our patients and you will hear story after story on how they have achieved better outcomes because they were better prepared both pre- and post-operatively.

Our solution is simple. The concept is based on the premise that clinical excellence and optimal outcomes depend on active collaboration between the patient and healthcare team. The team consists of surgeons, nurses, rehab staff, educators and others. From pre-surgery classes to registration, surgery, post-op recovery and rehab, an entire team works together toward the best possible outcome for the patient. Our team meets regularly to review data, procedures, staffing and patient care.

CHN physicians and surgeons use state-of-the-art surgical and non-surgical techniques to provide advanced treatments for bone and joint disorders, including computer-assisted surgery. The orthopedic team provides innovative solutions for individuals experiencing disability from arthritis, traumatic injuries and joint replacements.

At CHN, patients are involved in a total education program to better inform them, lessen

their anxiety and maximize their confidence. The end result has been decreased incidence of complications, infection rate, length of stay along with improved patient outcomes and satisfaction.

Over the years, we have continually expanded our orthopedic program in exciting new ways. On the patient side, CHN provides a pre-surgery class where patients receive hands-on training so they know what to expect pre- and post-op, pain management options and rehab. Educating patients with information allows them to be active participants in their care.

For more information on CHN orthopedic services, visit www.chnwi.org or to schedule a consultation, call (920) 361-1313.



Dr. Jones Has Passion FOR HEALING, HOCKEY AND FAMILY

Dr. David Jones, an orthopedic surgeon at CHN, has performed hundreds of surgeries during the past 26 years.

Jones, a former Ohio State hockey player and graduate of Cornell Medical School, originally wanted to go into family practice or general surgery. A sports enthusiast, he chose to specialize in orthopedics.

“I like orthopedics because you get to deal with all ages and a wide variety of problems,” says Jones. “I guess I’ve always liked to fix things and I get to do that in orthopedics.”



While orthopedics takes up the majority of Jones’ time, hockey ranks high on his list of favorite activities. Starting as a young boy, he

continued playing in an adult league until this year. Several of his children played hockey including his fifteen year-old daughter who skates for the Madison Capitals.

“The thing about hockey is you can do it when you’re 60, 70 or 80,” comments Jones. “Obviously, you move slower than you used to but it’s still something you can do with your kids.”

Sports have always been a part of Jones’ life, which is why he is an advocate for exercising and eating

healthier. Jones and his wife encourage their eight children to be active, play sports and work on the family farm.

Jones has joined forces with a local citizens group called the Cornerstone Project. The group’s mission is to provide a centralized location for daycare, youth activities center and an ice program that includes hockey, speed and figure skating.

Running is another sport Jones enjoys.

In 2008, Jones and two of his daughters went to the Sahara Desert in Egypt to participate in RacingThePlanet®. This rough country footrace is one of the most prestigious outdoor events of its kind taking place over seven days and covering 150 miles.

“It was such a great experience, I’m thinking about doing the race in Mongolia, China,” remarks Jones. “People have told us that the mountains are beautiful, and the kids love Westerners.”

Jones just started training for the Ironman Wisconsin, which will be held in September 2010. Four of his children and two future sons-in-law will join him swimming 2.4 miles, biking 112 miles and running 26.2 miles.

Whether it’s hockey, running, skiing or snowboarding, Jones’ philosophy is simple. “I think anything anybody can do to encourage others to get up and move is a good thing,” he explains.

To schedule an appointment with Dr. Jones, call 920-361-2500.



NEW ORTHOPEDIC SURGEON JOINS CHN

Dr. John Horan is the newest physician to join the orthopedic team at Community Health Network.

The Harley-driving, Wisconsin sports fan grew up near the Holy Hill area, just northwest of Milwaukee. After holding a private practice for 12 years in New Braunfels, Texas, Dr. Horan has returned to his Wisconsin roots and joined Affinity Medical Group in Oshkosh.

While working at Affinity, Dr. Horan did locum tenens (fill-in work) for 11 months at Berlin Memorial Hospital. On October 2, Dr. Horan was welcomed to Berlin as a full-time physician.

“The administration was helpful, friendly and patient care was excellent,” says Horan. “It was a great environment; I didn’t want to leave.”

Dr. Horan treats immediate or chronic problems for patients of all ages. Something unique about his practice, said Horan, is he performs procedures characteristic of more specialized orthopedics, such as total ankle replacements or replacing small bones in hands and feet. His specialties include sports medicine, total joint replacement and general orthopedics.

In his free time, Dr. Horan is an avid motorcycle rider and has even traveled to Europe with his Harley. He enjoys boating, swimming, hunting and cheering on the Packers, Brewers and his alma mater Marquette basketball team.

Last July, Horan and his wife Becky were married at Lambeau Field. He has a son, 19, attending Baylor University and a daughter, 18,



at Texas A&M University. Both, he said, were eager to trade the cold Wisconsin weather for the Texas heat. The last addition to their family—their Miniature Yorkie, Fergie.

When asked what Horan loves about orthopedic medicine, he says, “It’s all about the patients. In surgeries such as these, you see them recover and their quality of life improve remarkably,” he explains. “They feel the results, and you know you’ve made a difference.”

Dr. Horan graduated from Marquette University, received his medical degree from the Medical College of Wisconsin in Milwaukee and completed his orthopedics residency at the University of Texas Health Science Center in San Antonio, Texas.

To schedule an appointment with Dr. Horan, call 920-361-6330.

CHN Rehabilitation Helps BASKETBALL PLAYER GET BACK IN THE GAME

She went up for a rebound, but something went wrong when she landed. Fifteen year-old Sophie Schultz, a basketball player at Montello High School, had fractured her foot and tore the anterior cruciate ligament, or ACL, in her knee.

“I knew I had injured my foot because the pain was so intense,” says Schultz. “But after the CT scan and MRI, we found out I needed surgery on my knee.”

Schultz’s story represents an epidemic of ACL injuries in female athletes.

According to the American Academy of Orthopedic Surgeons, girls are four to 10 times more likely than boys to tear the anterior cruciate ligament in their knees while participating in sports. Physicians believe anatomy, hormones and biomechanical differences may be factors.

Dr. David Jones, an orthopedic surgeon at CHN, performed Schultz’s initial knee surgery in December 2008. She had to have a second operation on her knee last July and just completed months of rehabilitation.

Full recovery from ACL surgery can take eight to 10 months. At CHN, physical therapists and athletic trainers begin rehabilitation immediately following surgery.

“The hardest part wasn’t the surgery, it was going to rehab,” says Schultz. “I just got frustrated because I couldn’t do things, and it made me mad.”

Schultz worked with Melissa Johnston, a CHN certified athletic trainer, to relearn how to jump and land.

“It took a couple sessions just to re-teach her how to jump,” says Johnston. “We used a combination of flexibility exercises and cardiovascular training to get Sophie back to her sport.”

Healing time takes longer with ACL injuries. “There are a lot of ups and downs for patients both physically and psychologically because they don’t want to injure themselves again,” says Johnston.

Education and motivation are equally important so patients understand why they have to do certain exercises. “I remember

one day I was trying to jump on my bad knee, and I couldn’t do it,” say Schultz. “Melissa kept telling me I could do it, and the next time I did.”

Schultz has not played any sports for one year. She just received her physician’s approval to return to basketball, thanks to Johnston and a lot of hard work.

“Going through rehab has made me a much stronger person,” says Schultz. “Don’t give up because it pays off in the end.”

