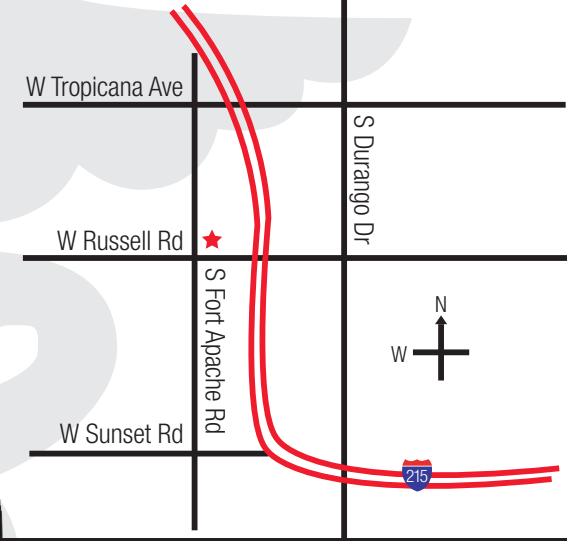




Keep Moving... Life's Waiting

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A S MARTIN ORTHOPAEDICS

Managing Arthritis

KEEP MOVING... LIFE'S WAITING



NEWSLETTER VOLUME 1

COMPUTER-ASSISTED SURGERY

A Giant Step Forward in Joint Replacement

Managing arthritis of the Hip, Knee and Shoulder often begins with several non-surgical therapies, including anti-inflammatory medication, injections into the affected joint and physical therapy. Still, pain and limited movement may persist eventually requiring surgical management to get you back to doing the things you used to do without worry.

And now there's even better news. Tremendous advances have been made in joint replacement that makes it a viable option for a greater number of people than ever before. Over the past four decades joint replacement has been proven to relieve severe joint pain and restore function in over 90% of patient undergoing the procedure.

Leading Technology

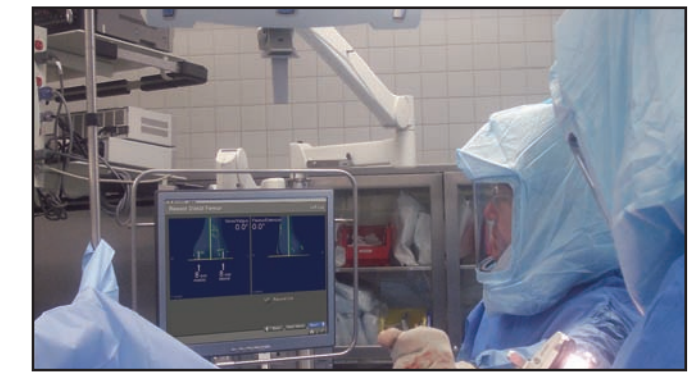
During a joint replacement, the surgeon will strive to ensure that everything is aligned properly. Accurate alignment in the hip and knee components is critical to the overall function to the joint replacement. It also plays an important role in how long the joint replacement will last.

Computer assisted technology has made it possible for the orthopedic specialist to navigate joint replacement procedures with the level of accuracy so precise it may improve the result of your surgery.

What are some of the reasons orthopaedic surgeons choose computer-assisted technology?

- Provides your surgeon with comprehensive data about your anatomy which may result in more exact placement of your joint replacement
- Allows the surgeon to more accurately plan for your surgery with a partial dimensional model of your hip or knee
- Provides the surgeon with control, feedback and the ability to correct potential errors during the surgery
- Allows for better visualization of the anatomy, which is particularly important when minimally-invasive techniques are used

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NOTE FROM THE EDITOR

Welcome to the first issue of the A S Martin Orthopedics Newsletter. In our inaugural issue we will present some of the cutting-edge technology in the management of arthritis.

At A S Martin Orthopedics we offer a comprehensive program providing expert diagnosis and treatment options for life-long relief from both acute and chronic orthopedic problems. From partial joint replacement, to minimally invasive surgical techniques, to computer-assisted total joint replacement, A S Martin Orthopedics is the first Las Vegas Area Physician Group

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Potential Benefits of Computer-Assisted Surgery

There are several potential benefits for those that have computer-assisted surgery with their total joint replacement:

- Designed to help the surgeon place joint replacement implants with precision, which may increase the life of the prosthesis
- Reduces the risk of dislocation and revision (repeat) surgery
- Results in greater stability and range of motion
- Helps improve the overall function of the joint
- Reduces blood loss during surgery, which lessens the need for a blood transfusion
- Faster recovery
- Reduced length of your hospital stay
- Shorter post-operative physical rehabilitation
- Less scarring

Computer-assisted surgery may allow for less-invasive surgical techniques, which have several other potential advantages, including:

IT'S REVERSED! A NEW TREATMENT OPTION FOR SHOULDER ARTHRITIS

Many people know someone with an artificial knee or hip joint. Shoulder replacement is less common, but it is just as successful in relieving joint pain. Shoulder replacement surgery started in the United States in the 1950s. It was used as a treatment for severe shoulder fractures. Over the years, this surgery has come to be used for many other painful conditions of the shoulder.

The normal shoulder is a ball and socket joint. The ball is called the head of the humerus (arm bone) and the socket is the glenoid (part of the shoulder blade). In Shoulder Arthritis the normal cartilage is worn away and the normal smooth gliding motion is lost. This leads to bone-on-bone contact and formation of bone osteophytes (bone spurs). Pain is due to the irregular joint surfaces rubbing together and inflammation from this wear and tear. In some cases in addition to arthritis there can be loss of the rotator cuff tendons. These tendons encircle the head of the humerus and help keep the ball in the socket when the arm is raised. Without these tendons

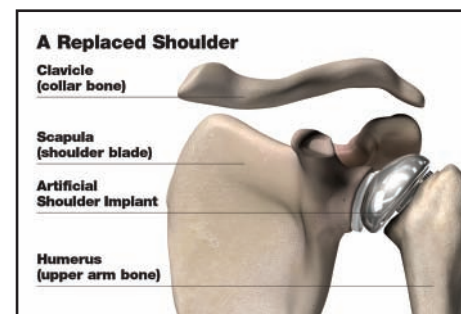
it is difficult or impossible to raise the arm up. In this condition, a standard rotator cuff repair will not be effective because it will not help the arthritis, and a traditional shoulder replacement will not be effective because it will still be difficult or impossible to raise the arm.

A solution, which allows both pain relief and improved function, is the Reverse Shoulder Replacement. This type of replacement corrects the arthritis by replacing the worn out joint surfaces with an artificial joint made of metal (cobalt chrome) and plastic (polyethylene). The same materials have been in used in traditional shoulder replacements as well as hip and knee replacements. With the Reverse Shoulder Prosthesis, the anatomy, or structure, of the healthy shoulder is reversed. The implant is designed so that the ball portion is attached to the glenoid and the socket is placed at the upper end of the humerus. Reversing the ball and socket changes the mechanics of the shoulder in order to improve active range of motion and strength. The result

is the patient can raise his (her) arm higher and even sometimes overhead.

Some patients may have failure of a prior surgery, which results in loss of rotator cuff tendon function, and bone on the humerus or the glenoid. Examples include a failed shoulder replacement and a failed rotator cuff repair. The Reverse Shoulder Prosthesis offers the option to alleviate pain and also restore shoulder function in some of these difficult situations.

Shoulder replacement surgery is highly technical. It should be performed by a surgical team with experience in this procedure. Each case is individual. We will evaluate each situation carefully before making any decisions. Do not hesitate to ask what type of implant will be used in your (patient's) situation. Patients interested in having this procedure should discuss all of their options. Certainly a Reverse Shoulder Replacement should only be performed if simpler, non-operative treatments have failed to alleviate symptoms.



In your mind, you are the same person you've always been.

Ready to play, exercise, compete and move like you always have. It's just your hip won't cooperate. Hip arthritis can occur from many different causes, but the end result can lead to severe hip pain and disability. Traditionally, patients with advanced hip arthritis were treated with total hip replacement. This generally leads to much improvement in function and almost complete elimination of pain.

Total hip replacement (THR) requires replacing the hip ball and socket joint. A new alternative to THR is hip resurfacing.

Hip resurfacing conserves the normal anatomy of the hip by placing a cap on the ball of the hip joint and replacing the socket with a metal cup. Keeping the normal anatomy of the hip joint results in less restriction in activity and near normal function of the hip

Patients undergoing hip resurfacing can expect to have a similar if not faster recovery than those undergoing total hip

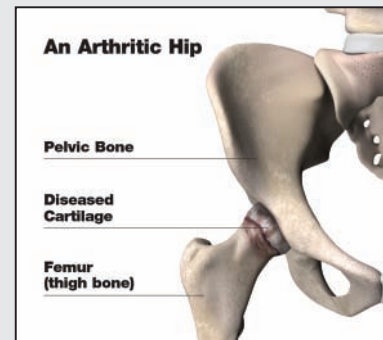
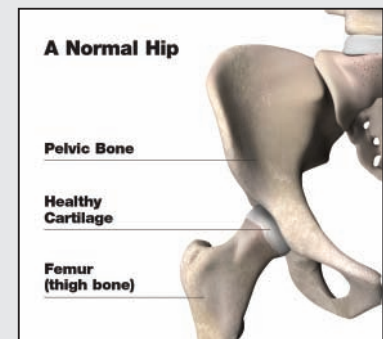
replacement. Yet not everyone is a candidate for hip resurfacing. Hip resurfacing procedures have an excellent success rate if done on the right patient.

A discussion should be held with the surgeon to explain the criteria for hip resurfacing.

Although hip resurfacing is still a relatively new procedure in the United States it has been performed routinely in Europe for nearly twenty years. Now more and more surgeons and companies are making hip resurfacing available in the United States. Hip resurfacing is now FDA approved and more surgeons each year are being trained on this new technology.

But wait there is more... Hip resurfacing and computer navigation will soon be paired for even greater precision and results with this already advanced technology.

I look forward to discussing with you the treatment options available in managing arthritis of the hip, knee and shoulder.



NOTE FROM THE EDITOR *continued from pg. 1*

consistently using Computer Navigation in Total Joint Replacement of the Hip and Knee. This helps us provide more accurate positioning of the hip and knee implant which will result in a longer lasting prosthesis and improved outcomes.

In addition to hundreds of joint replacements, A S Martin Orthopedics has extensive specialty training in the treatment of sports related injuries. Using the recent advances in the minimally invasive techniques for diagnosis and treatment, we can often restore pain-free function to elite and student athletes, weekend warriors, and everyone else who maintains an active lifestyle. Our goal is to get you back into what you want to do as quickly as possible.

Thank you for your continued support. We look forward to providing you with a quarterly newsletter with updates on our practice and current issues in managing orthopedic problems

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A. Scott Martin, MD

