

MINIMALLY INVASIVE JOINT REPLACEMENT SURGERY YIELDS QUICK RECOVERY

Susan began having problems with her knees about 50 years ago. Over the years, she experienced an increasing number of problems and even underwent several surgeries on both of her knees.

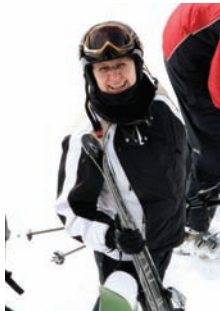
Still, Susan knew she was only delaying the inevitable. Having witnessed her mother undergo bilateral knee replacements, she knew the signs and symptoms of arthritis. Susan figured it was only a matter of time before she, too, would have to undergo joint replacement surgery.

"I sort of got used to the pain," Susan says. She began forgoing her favorite physical activities due to the discomfort and swelling they caused. As her limitations multiplied, she said to herself, "At least I still have golf." When the pain began to affect even that, she knew it was time to do something.

leg machines that her arthritic pain had previously made impossible to use. "It's a miracle," Susan says. "I am thrilled."

Howard came to Dr. Berger in the fall of 2009. For some time, he had been experiencing pain and discomfort, which he noticed most when driving and playing racquetball. He made the decision to do something when the pain from dismounting his riding lawn mower forced him to hire someone to cut his grass. Howard went to his doctor and received x-rays that confirmed Howard's suspicion: He had severe arthritis in both hips.

Howard learned about Dr. Berger through a friend who had undergone minimally invasive joint replacement surgery. Howard did some additional research and felt that Dr. Berger was the right doctor for him. During



Two hip replacements got Simone back to her active lifestyle within weeks of her second surgery. See her play football just six weeks after her two hip replacements at: www.outpatienthipandknee.com



Bill placed 1st in his age division in the Chicago Triathlon 10 weeks after knee replacement surgery with Dr. Berger. See his story at: www.outpatienthipandknee.com



Linda won Club Championship after knee replacement surgery with Dr. Berger. See her play golf just two weeks after knee replacement on CBS's The Early Show: www.outpatienthipandknee.com

Susan spent a year researching orthopedic surgeons. She heard about Dr. Berger and his minimally invasive surgery from a friend who was also a patient. Although the surgery made her nervous, her anxiety quickly turned to excitement after meeting Dr. Berger and his staff. "I was so impressed with how organized the practice is," Susan says. The staff took time to explain every detail of the surgical process, leaving her feeling completely prepared.

Susan recalls her physical therapy session, which immediately follows minimally invasive surgery, with a smile. "Physical Therapy had me walk past the room of another one of Dr. Berger's patients [who had also just returned from surgery]," she says. When she walked by the room on just a cane, "they told me I was showing off," she laughs. She responded, "You're next!"

Now, several months after surgery, Susan says, "I have a new lease on life that I never thought was possible. It's hard to imagine that just last October, I could barely walk. Now, I'm rocking the stationary bike and every other piece of leg equipment in the gym." Even her trainer could not help tearing up at the sight of Susan using

his initial consultation, Howard was scheduled to have both his hips replaced by Dr. Berger, six weeks apart.

The day of his first surgery, Howard felt "a little apprehensive, but fully confident in Dr. Berger based on research I had done and what I had heard about him," he says. He remembers experiencing no pain in his post-operative physical therapy session. When he recalls walking on his new joint for the first time, Howard says he was "rather amazed that I could do it, and, at the same time, happy that it was over with."

Recovery from both surgeries went well, "Five days after the surgery, I was back at work. I only used the cane for the first seven days, but I mostly carried it around for sympathy," he jokes. Howard has returned to his favorite activities. He spent some time deer hunting in fall and went downhill skiing this winter.

Howard is pleased with the outcome of his surgeries. "It was great. That is all I can say," he says. "It was more than I expected. I had no pain, and everything went smoothly. I feel a heck of a lot better than I did before."