



While neither snow nor rain nor heat nor gloom of night stayed this courier from completion of his appointed rounds, it did wreak havoc on his knees.



Mark J. Davis, MD, FAAOS, is board certified by the American Board of Orthopaedic Surgery and fellowship trained in joint replacement through Anderson Orthopaedic Research Institute, Arlington, VA. He completed his undergraduate studies at Iowa Wesleyan College, Mt. Pleasant, and received his medical degree from University of Iowa College of Medicine, Iowa City. Dr. Davis completed his orthopaedic residency at West Virginia University/ Ruby Memorial Hospital, Morgantown. He is a fellow of the American Academy of Orthopaedic Surgeons and a member of the American Medical Association, Florida Medical Association, and Charlotte County Medical Society. Dr. Davis has lectured extensively in his areas of expertise. He enjoys photography, motorcycle riding, and traveling.

Joint Academy

Wayne's surgery took place on September 23, 2007. "I was up and out of bed the afternoon of surgery," marvels Wayne.

The next morning he began Joint Academy. "Aside from the improvements in surgical techniques and materials, we now have philosophies about rehabilitation that can speed a patient's recovery following joint replacement," says Dr. Davis. "Joint Academy, our rehabilitation program, begins within one day of surgery. About a half-dozen patients usually attend, and they each have a reclining chair. A unit coordinator first explains everything in detail, and then the therapist leads our patients in exercises. The staff is consistent week to week, which leads to better patient care. This type of program allows the joint replacement patient to regain strength and range of motion as quickly as possible by helping to strengthen the joint, to keep muscles strong, and to improve the new joint's flexibility. Today's joint replacement patient is likely to recover more quickly and fully than ever before.

"The staff at Joint Academy is very encouraging," continues Dr. Davis, "and after therapy patients have lunch right there, sitting in their reclining chairs. They are able to meet all the other knee and hip surgery patients and to share experiences."

"I was very pleased with the whole program," notes Wayne. "I was treated very well. Every day I saw a vast improvement. The therapist showed a lot of concern and took significant time, making sure we all did our exercises so we would be ready to continue with whichever rehab program we chose."

Wayne chose outpatient therapy for his right knee. Then, on December 3, Dr. Davis performed surgery on Wayne's left knee.

"The results for my left knee were even better," recounts Wayne, "because it was getting a workout while I was rehabbing my right knee. I was way ahead of the program."

"My quality of life is so much better than it was before my knee replacements. I wish I had done this sooner. In fact, almost everyone I've spoken with who has knee replacement implants agrees; they say they waited too long and spent much too much time suffering for no reason.

"I'm now back to biking, swimming, and working out at the gym, and I'm eager to get back to golfing.

"My oldest daughter, Andrea King, took a spin [indoor cycling] class with me. She sat on the bike next to me. When we were finished, she said, *Dad, you're awesome. I thought you were just talking the talk, but you are walking the walk.*

"In my opinion Dr. Davis is wonderful. Now, whenever anyone complains about bad knees, I tell them I know a great doctor — not a *good* doctor — a *great* doctor, and I recommend Dr. Davis." **FHCN—Kris Kline**



Wayne is thrilled to be back to his active lifestyle.

New Knees

For almost ten years Wayne Juopperi slept with a pillow between his knees to alleviate his pain. "During the last five years of my career the pain in my knees was constant," remembers the walking mailman from the Detroit, Michigan area. "My job was very hard on my body. On a *normal* day I probably walked five miles and climbed two thousand porch steps. Then add overtime and a couple of falls on the ice, and I think my knees were finally just succumbing to the wear and tear. You could see that I was slowly but surely beginning to go bowlegged.

"My physician in Michigan wrote prescriptions for me for anti-inflammatory medications to help me get through the day, and my orthopedic surgeon took x-rays that showed how my knees were deteriorating. He told me, *You'll know it is time for knee replacements when you can't sleep nights.*"

Wayne retired to Florida in April of 2005. "My wife Marie and I were on the beach in November of 2006 when she felt her knee pop," recalls Wayne. "We didn't know any orthopedic surgeons down here, but someone had mentioned the name of Dr. Mark Davis, so she scheduled an appointment with him."

Mark J. Davis, MD, FAAOS, is a board-certified orthopedic surgeon with extensive, well-recognized, and prestigious additional fellowship training in knee and hip replacement from Anderson Clinic in Arlington, Virginia. He frequently travels to major cities to participate as a surgeon trainer for the Oxford partial knee replacement. Dr. Davis was also recognized by *Gulf Shore Life Magazine* in 2005, 2006, and 2007 as one of the top orthopedic surgeons in southwest Florida.

"Marie liked Dr. Davis very much," says Wayne. "He performed arthroscopic surgery on her knee and she's been very satisfied with the results, so when it got to the point where I couldn't sleep anymore at night, I scheduled an appointment with Dr. Davis."

The evaluation

According to Dr. Davis, a thorough history and a clinical examination focused on determining levels and location of pain and stiffness are essential before making any recommendations.

"Age, activities of daily living, injury or illness, and osteoarthritis all can take their toll on the cartilage, which serves as a shock absorber in the weight-bearing joints in

our hips and knees," he offers. "The normally smooth cartilage becomes pitted and rough, impeding the gliding motion of a normally-functioning joint and causing pain that can radiate to other parts of the body.

"Sometimes, pieces of cartilage will break off and add to the pain in the joint," he continues. "In extreme cases, the cartilage wears away completely, and the bones that meet inside the joint grate on each other, escalating the pain."

If arthritis and deteriorating cartilage are detected early, many patients can be helped by medication, joint protection, and physical therapy to ease pain and restore motion.

"Conservative measures can forestall or eliminate the need for joint replacement," states Dr. Davis. "When these are no longer sufficient to relieve pain and restore function, total joint replacement is often the best available alternative for restoring quality of life. In Wayne's case, his joints had deteriorated beyond the scope of conservative treatment, so total knee replacement was the best solution for restoring knee function, eliminating pain, and restoring quality of life."

As he does with all his patients, Dr. Davis had an in-depth discussion about Wayne's situation and the desired outcome.

"Dr. Davis looked at my knees, felt them, x-rayed them, and concluded that they were both ready for total knee replacements," says Wayne. "He thoroughly explained what he was going to do, showed me the implant and how it worked, and answered all of my questions in detail. He made me feel very comfortable with the whole procedure.

"And his staff was right on the ball. Everyone made me feel like someone special. They showed real concern.

"Although both of my knees were extremely bad — bone-on-bone — my right knee was the worst so I had that one done first."

Based on Wayne's weight, age, activity level, and other factors, Dr. Davis determined that the Vanguard Complete Knee System by Biomet would provide him with the best possible outcome.

ELEMENTS FOR A SUCCESSFUL DOCTOR-PATIENT RELATIONSHIP

A doctor-patient consultation should result in the patient learning:

- WHAT THE PROBLEM IS
- WHAT THE POSSIBLE SOLUTIONS ARE
- WHAT RISKS AND BENEFITS THOSE SOLUTIONS HOLD
- WHAT THE DOCTOR'S RECOMMENDATIONS ARE

Here for you

Dr. Davis looks forward to meeting the readers of *Florida Health Care News* and welcomes your questions about joint replacement. To schedule a consultation, please call **(941) 613-3800**. His office address is **1951-B Tamiami Trail** in Port Charlotte.