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## You're Invited to Our Upcoming Seminars

If information is power, then it is our goal to empower our patients to attain optimal health and happiness by providing useful and timely information regarding matters of health. We invite you to attend any or all of our ongoing series of seminars held in the **PTAK Building on the Morton Plant Hospital Campus, 430 Morton Plant Street in Clearwater**. Please check the schedule below for dates, times, featured speakers and topics. Our lectures are free and open to the public, so bring a friend, too. Please call **(727) 462-7500** to make reservations. We look forward to seeing you soon.

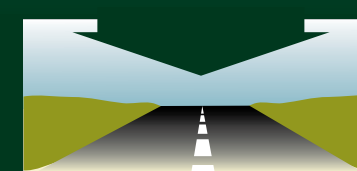


DATE	DAY	TIME	PHYSICIAN	TOPIC
5/24/2006	Wednesday	12:00 p.m.	Dr. Piazza	What's New in 2006—Minimally Invasive Surgery and Spine Arthroplasty
6/28/2006	Wednesday	12:00 p.m.	Dr. Hughes	Minimally Invasive Total Joint Replacement Using Computer Assisted Navigation
8/17/2006	Thursday	12:00 p.m.	Dr. Morris	Advances in the Treatment of Degenerative Arthritis of the Hip, Knee and Shoulder
8/23/2006	Wednesday	12:00 p.m.	Dr. Davidson	Osteoporosis and Compression Fractures
9/22/2006	Friday	12:00 p.m.	Dr. Abdo	Foot and Ankle Pain. Common Conditions and New Treatment Techniques
10/2/2006	Monday	12:00 p.m.	Dr. Beharrie	Treating Shoulder Impingement and Rotator Cuff Tears

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Need a lift?  
CareVan Delivers. Free.



If you need transportation to our office at Ptak Orthopaedic on the Morton Plant Hospital campus, CareVan has you covered. CareVan operates **Monday through Friday, 8am—3:15pm** (last departure from Morton Plant is at 3:15pm). Patients must live within the Van Service Area and be able to climb in and out of the van without assistance. **For more information or to schedule your ride, call (727) 461-8548.**

Welcome to the inaugural issue of *Health Connect*, our quarterly newsletter devoted to helping patients stay informed of news, information and health tips relating to all things orthopaedic. To be published quarterly, it is our hope that *Health Connect* will help draw attention to important health matters, thereby helping you make

informed choices that can positively impact your life. We also strongly believe that preventive care is of primary importance and that the more our patients know, the better off they will be.

We would also like to take this opportunity for a few words of introduction. Having practiced in Pinellas County since 1968, Dr. George A. Morris III formed Orthopaedic Specialties of Tampa Bay, P.A., in 1990 along with Dr. Michael Piazza. Since then, our practice has grown to include six physicians.

In 1994, Richard V. Abdo, M.D., joined our practice. Dr. Abdo presently serves as Chief of Orthopaedics at Morton Plant Hospital.

We are pleased to welcome the three newest physicians to our staff, Dr. W. Allen Hughes II, Dr. Andrew Beharrie and Dr. J. Byron Davidson. Dr. Hughes special-

izes in sports-related injuries and hip and knee replacement surgery using computer-assisted navigation. He is also a team physician to the Philadelphia Phillies.

Dr. Andrew Beharrie is a sports medicine specialist, having completed his Fellowship training at Lenox Hill Hospital in New York City last summer. Dr. Beharrie treats all types of orthopaedic related problems, and also brings to our practice his expertise in minimally invasive surgical techniques of the knee and shoulder.

Dr. Byron Davidson is a Fellowship-trained spine surgeon specializing in the newest spinal surgery techniques including kyphoplasty, a treatment for osteoporosis and compression fractures.

We hope you enjoy this issue of *Health Connect*, and as always, we look forward to being of service to you.

### THE ORTHOPAEDIC SPECIALTIES TEAM

George A. Morris III, M.D.  
Michael R. Piazza, M.D.  
Richard V. Abdo, M.D.

W. Allen Hughes II, M.D.  
Andrew Beharrie, M.D.  
J. Byron Davidson, D.O.



# Charting a Smooth Course on the Road to Recovery with Surgical Navigational Systems

**A**re fears of pain, long recovery time and the prospect of further surgery keeping you from making the decision to have joint replacement surgery? Learn how the surgical navigational systems are helping surgeons attain unprecedented levels of accuracy.

One of the most common causes of hip and knee joint replacement failure is implant misalignment. Even a slight misalignment of only a few degrees can cause increased discomfort and limit a patient's ability to regain full mobility following surgery.

That's why a surgical navigation system is such a valuable tool for orthopaedic surgeons. If this advance in computer-assisted surgery (CAS) sounds high-tech, well, that's because it is. As with so many other areas, computer-assisted surgery is an example of computer technology helping skilled professionals perform difficult tasks with increased accuracy and success. But don't let its sophistication put you off—it actually simplifies the surgical procedure.

The system aids your surgeon in more precisely aligning your hip or knee replacement utilizing state-of-the-art computer imaging. With a navigational system, your surgeon is able to better op-

timize alignment to each patient's unique body structure. This not only increases the chances of a successful outcome, it can actually increase the life of your implant due to more even weight distribution and, therefore, less joint wear over time. This decreases the need to worry about further surgery down the road. A more accurate fit also helps to minimize recovery time, restoring mobility more quickly for many patients.

*With surgical navigational systems, computer imaging enables the surgeon to actually work within a smaller opening while obtaining more precise results.*

The increased accuracy of computer-assisted surgery also facilitates minimally-invasive surgery (MIS). This is basically a fancy way of saying that the surgeon can make a smaller incision. Acting as an extension of the surgeon's eyes and hands, the computer imaging enables



the surgeon to actually work within a smaller opening while obtaining more precise results. The result is less damage to surrounding tissue, further facilitating healing and recovery.

Hip or knee replacement surgery is a last resort. Your doctor will evaluate your condition based on overall health, medical history and other factors, and discuss your options with you. If replacement surgery is the answer, your chances for success with the least amount of discomfort, complications and "downtime" are better than ever with navigational system technology helping your surgeon chart the smoothest course toward recovery.

## You might benefit from Hip Replacement Surgery if:



- Hip pain limits your everyday activities such as walking or bending.
- Hip pain continues while resting, either day or night.
- Stiffness in a hip limits your ability to move or lift your leg.
- You have little pain relief from anti-inflammatory drugs or glucosamine sulfate.
- You have harmful or unpleasant side effects from your hip medications.
- Other treatments such as physical therapy or the use of a gait aid such as a cane don't relieve hip pain.

Information from [www.aaos.org](http://www.aaos.org)

**For more information or to schedule an appointment, please call (727) 446-5993.**



## Don't Ignore Shoulder Pain *by Andrew Beharrie, M.D.*

**A**thletes expect a lot from their bodies. Consider a baseball pitcher, for instance, who repeatedly hurls the ball in the ninety-miles-per-hour range, often as many as a hundred times or more in a row. Ouch.

For the pitcher, or the tennis player, or the weightlifter, it is often the shoulder that takes the brunt of such self-abuse. But you don't have to be an athlete to develop shoulder problems; the painter, the window-washer, the housewife – anyone who repeatedly uses, or over-uses, their shoulders is liable to develop a condition such as a rotator cuff injury or shoulder impingement syndrome.

Most shoulder problems involve muscles, ligaments and tendons rather than bones. Of these, the rotator cuff can be especially problematic. Made up of a group of muscles and tendons that hold the shoulder joint in place, the rotator cuff makes it possible for us to reach

overhead as well as rotate our shoulders. Above this group of muscles sits a bone called the acromion. In some cases, the rotator cuff can become irritated from wearing against the underside of the acromion, resulting in painful inflammation known as impingement syndrome. Left unchecked, this condition can worsen and eventually cause a rotator cuff tear. A tear can develop from gradual friction (chronic rotator cuff tear), or from a sudden injury or exertion, like lifting something too heavy (acute rotator cuff tear).

Many of us – not just athletes – pride ourselves on our toughness and ability to put up with pain. Please do not make the mistake of thinking you can "work

through" shoulder pain. This will only lead to more pain, more damage and less mobility in your shoulder joint, possibly even permanently. If you're experiencing pain or weakness in your shoulder, please consult an orthopaedic specialist immediately. Catching problems early and taking preventive measures is the best way to solve shoulder problems. A specially designed regimen of exercises and use of anti-inflammatory medication can help prevent a more serious condition and the need for more invasive action such as surgery.

For more information, or to schedule an appointment, any of our staff will be happy to assist you.

## The Benefits of Mini-Incision Procedures

**T**he human body is a marvel. A simple act like walking to the mailbox requires an amazing synergy of systems working in concert—the brain and central nervous system controlling the muscles in just the right way, with underlying bones, joints, cartilage and tendons literally supporting the whole effort. Yet most of us routinely perform such a miraculous feat seemingly subconsciously...unless something in the system breaks down.



When that "something" is a knee or hip, sometimes the only way to regain the mobility that we take for granted is to undergo hip or knee replacement surgery. Over time, those supporting players such as bone and cartilage can become damaged from everyday use or abuse, leading to conditions such as osteoarthritis (break-down of joint cartilage) and rheumatoid arthritis (inflammation of cartilage).

Of course, orthopaedic surgeons have been performing hip and knee replacement surgery for years. But now, using

specially developed instruments and a less-invasive surgical technique, the Zimmer Minimally Invasive Solutions™ (MIS™) procedure allows the same surgery to be performed more efficiently. As the name indicates, less invasive surgery is possible with this method. Traditional hip replacement surgery, for example, requires a 10- to 12-inch incision. With MIS, your orthopaedic surgeon can insert implants through incisions as small as 2-1/2 to 3-1/2 inches in length. Surgery and recovery are typically faster and easier for the patient. Rehabilitative ther-

apy can also be started sooner, preferably within the first 24-hours after the procedure. Patient discharge following surgery utilizing MIS is usually within three days or less, compared to the four-and-a-half-plus days of hospital stay with traditional replacement surgery.

Your doctor will consider a number of factors to help you decide if the MIS procedure is right for you. For more information, or to schedule an appointment for a consultation, please feel free to contact any of our staff.