

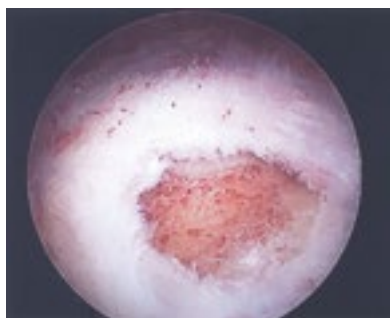
ARTHROSCOPIC ROTATOR CUFF TREATMENT

This newsletter details surgical options and rehabilitation of rotator cuff injuries/ Medical milestones in rotator cuff repair are outlined on Page 3.

Arthroscopic rotator cuff repair at Michigan SportsMedicine and Orthopedic Center

The new gold standard

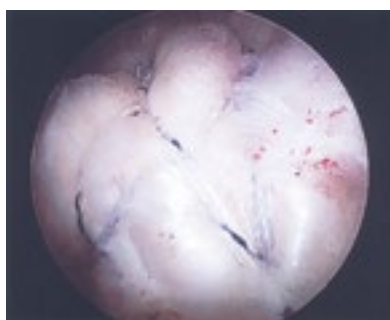
For the past decade, arthroscopy has evolved from large anterior strap incisions to smaller miniopen incisions to mere arthroscopic punctures. And now, thanks to the pioneering efforts of Dr. John Morris, there is a much more effective treatment for rotator cuff repair. Dr. Morris has been working with Arthrex, an international company known for innovative solutions in minimally invasive orthopedics, to develop the NeedlePunch™ and NeedlePunch II™ — featured on page 3 — making arthroscopic rotator cuff repairs easier and more predictable. His innovative solution has been hailed as “a simple, reproducible technique



Rotator cuff tear



Rotator cuff repair procedure



Arthroscopic repair

for passing a suture needle through tissue arthroscopically that surpasses all previous methods.” (Arthrex) Dr. Morris routinely performs the procedure on an outpatient — or 23-hour stay — basis. On rare occasions, open surgery may be required.

A multitude of advantages

The power of arthroscopic surgery is undeniable. Patients undergoing the procedure for rotator cuff repair experience smaller, more cosmetic incisions, less post-operative pain, minimal hospital stay, more accurate treatment and faster recovery. The technique also aids in the diagnosis and treatment of partial cuff tears, bicep tendon lesions, articular surface defects, loose bodies, SLAP lesions, labral tears and acromioclavicular joint arthritis. In contrast, the traditional open approach often missed these pathologies.

Dr. John Anderson welcomes Dr. John Morris to the MSOC team

Dr. Morris, pictured to the right of Dr. Anderson, has been a board-certified orthopedic surgeon since 1978. His focus includes general orthopedics, traditional and arthroscopic shoulder and knee surgery, primary total joint replacement and sports injuries. Read more about his ground-breaking work in arthroscopic rotator cuff repair on Page 3.



THE ROAD TO FULL RECOVERY

Case Study: Frank Reaume

In fall 2010, Frank Reaume was injured in an industrial floor machine accident while completing a condominium build-out for Matt Morris, Dr. Morris' son. Matt, who works in the medical equipment business, referred him to several orthopedic practices. Mr. Reaume consulted Dr. Morris who made a cursory exam of the injury and said, "If I were a betting man, I would say you have a torn rotator cuff." Then and there, their relationship began.

After an MRI revealed the extent of the damage, Dr. Morris performed successful arthroscopic rotator cuff repair on Reaume. Rehabilitation began immediately thereafter including pendulum exercises and stretching. Simple "hand climbing the wall" exercises progressed to elastic bands, swimming and weight training for optimal results.

At MSOC's onsite physical therapy facility, physicians have daily contact with PT staff to better monitor and manage patient progress.



Work hard, play hard.

During his recovery, Frank Reaume was able to return to his successful construction business under Dr. Morris' watchful eye. Jobsite supervision of subcontractors, materials delivery and installation — and day-to-day operation — continued uninterrupted throughout his care. Reaume has also resumed his lifetime passion for tournament golfing. (The scratch golfer, and 1969 NCAA Golf All-American representing Eastern Michigan University, was introduced to the game by his father at age 5.)

Following his successful treatment and full recovery, Reaume is quick to recommend and refer others to Dr. Morris for his "excellent professional training and experience in orthopedics" as well as his leadership in the development of arthroscopic surgery techniques and innovations.

MSOC

Michigan
SportsMedicine and
Orthopedic Center

OUR SPECIALTIES:

Orthopedic Surgery
Physical Therapy
Sports Fitness

ROTATOR CUFF REPAIR MILESTONES

0 – 6 weeks post-op

After surgical reattachment, it takes about 6 weeks for the cuff tendon to heal itself to the bone. To minimize stiffness and pain, it is important to perform pendulum exercises and stretching. Active motion (raising the operative side by itself) should be avoided as this can compromise healing. A sling is usually recommended for a short period of time.



12 weeks post-op

Unless the tear was massive, strengthening usually begins with a variety of resistance mediums.

12 – 16 weeks post-op

Up to 75% of expected improvement is generally achieved within 4 months of surgery. Massive tears and 10-20% of other cases can lag

behind due to scar tissue. On occasion, manipulation or follow-up surgery may be necessary to obtain optimal results.

6 – 12 weeks post-op

At this point, pendulum exercises are usually replaced with more active exercises as tolerated and stretching continues. The sling is typically discontinued by this point.

PIONEERING ARTHROSCOPIC ROTATOR CUFF REPAIR

(WITH NeedlePunch™ II PRINT AD)

MSOC's Dr. John Morris has specialized in orthopedic surgery private practice in Ann Arbor since 1978. A graduate of the University of Michigan undergraduate and Medical Schools, he completed his surgery internship and residency in orthopedic surgery at the University of Michigan Medical Center where he has been a clinical instructor in orthopedic surgery. He is a member of the American Association of Orthopedic Surgeons, the Arthroscopy Association of North America and the Michigan Orthopaedic Society.

Dr. Morris was instrumental in the creation of the Arthrex **NeedlePunch™**, the most advanced and effective tool available for arthroscopic rotator cuff repair. He also designed the **ISOCAN** concept used on Smith & Nephew CLEAR-TRAC surgical cannulas.

To explore these exciting advances in arthroscopic shoulder surgery in greater detail, schedule your consultation with Dr. Morris today by calling MSOC at 734-434-3020.



Announcing the latest technology in the new

NeedlePunch™ II

Designed in conjunction with John K. Morris, M.D.

Arthrex®

Innovative Solutions in Minimally Invasive Orthopaedics

To learn more, contact Michigan SportsMedicine and Orthopedic Clinic.

COMPREHENSIVE CARE FOR OPTIMAL RESULTS

About Michigan SportsMedicine and Orthopedic Center (MSOC)

MSOC was founded in 2001 by Dr. John Anderson, an orthopedic surgeon with a fellowship in sports medicine and prior background as a licensed physical therapist. His mission: to offer patients a single, convenient location where they receive comprehensive treatment for optimal results.

About Our Physicians

Dr. John Anderson began his medical career as a physical therapist, completing his training at the University of Michigan. After two years as a practicing physical therapist, he entered the University of Michigan Medical School. Upon graduation, he was accepted to the Northwestern University orthopedic surgery residency program in Chicago. Dr. Anderson followed his residency with a fellowship at the Cincinnati Sportsmedicine and Orthopedic Center under the direction of Dr. Frank Noyes.

Since 1995, Dr. Anderson's orthopedic practice has focused on sports medicine. He has been involved with many local high school athletic programs. He prides himself on serving these young patients in a caring, timely manner that returns them to the playing field as soon as they are able.

Dr. John Morris, a board-certified orthopedic surgeon, has specialized in orthopedic surgery private



practice in Ann Arbor since 1978. His primary interests include general orthopedics, arthroscopy, surgery of the shoulder and knee, primary total joint replacement and the

care and treatment of sports injuries. A graduate of the University of Michigan undergraduate and Medical Schools, he completed his surgery internship and residency in orthopedic surgery at the University of Michigan Medical Center where he has been a clinical instructor in orthopedic surgery.

Dr. Morris was also instrumental in the creation of the Michigan Orthopedic Center on the campus of St. Joseph Mercy Hospital, Ann Arbor where he is on staff. He is a member of the American Association of Orthopedic Surgeons, the Arthroscopy Association of North America and the Michigan Orthopaedic Society. In addition, Dr. Morris has served as team physician for the Ann Arbor Huron High School River Rats as well as for the Concordia College Cardinals.

About Our Physical Therapist

Deanna Welch holds her Master's degree in Physical Therapy from Grand Valley State University and has a special interest in sports medicine. Her years of experience, specialized training and individualized, hands-on approach have enhanced the recoveries of both post-surgical patients and those with sports- or work-related injuries. Through manual manipulation, exercise programs and patient education, Deanna has helped patients return to normal activity — quickly *and* safely.



At MSOC, we make every effort to develop a partnership with our patients. We listen to how each unique problem affects the patient's life, are able to devise and present a clear treatment plan together to achieve our shared goals. It is important to remember that many musculoskeletal conditions can be treated non-surgically and that surgery is just one treatment option — and often the last resort. We combine leading edge technologies with proven, traditional methods to deliver the best possible orthopedic care to patients of all ages.

4972B W. Clark Rd., Suite 200, Ypsilanti, MI 48197 (GPS: 4972 Clark Rd., Ypsilanti, MI)
734.434.3020 • www.michigansportsmedicine.com