

Cincinnati SportsMedicine & Orthopaedic Center

A Nationally Recognized Center of Excellence

Admiring the Benefits of Knee Replacement Surgery

Advances Offer Less Pain, Faster Recovery

Ask 80-year-old Elsie Bohlander what she likes most about her new knee replacement and the answer is not what you'd typically hear. "I can't believe I'm not bowlegged anymore," remarks the West Chester resident. "I love that I can walk now without pain, but all my life I have been very bowlegged and even got teased as a child. Now I'm thrilled I'm not self-conscious about my legs."

Bohlander who is an expert quilter and member of the Cincinnati Quilters and Fiber Artists can enjoy the cosmetic benefits of knee replacement as much as the pain-relief benefits thanks to the dramatic evolution of knee replacement surgery. Bohlander should know. She's able to compare the difference between her recent surgery and the left knee replacement she had ten years ago. "After that first surgery with another doctor I told myself I'd never have it done again," remembers Bohlander. "But when it became so painful that I couldn't put weight on my right knee, I told myself the surgery had to have gotten better. I went to a seminar given by Dr. Frank Noyes and he was so reassuring that I decided to give it a second try."

"Knee surgeons of today have many advanced systems, including computers if needed, to align the knee prosthesis correctly, stated Dr. Noyes. "Minimally invasive surgery means that the knee tissues are respected and only incisions necessary for the procedure are performed. With operative techniques that use small incisions, we avoid damaging delicate tissues."

Surgical techniques have changed but so has the physical therapy. According to Bohlander, the equipment she used during her therapy was very user friendly. "It was very different and high tech, but was very easy to use," comments Bohlander. "The therapists are more aggressive, which helped with my recovery. For example, they kept encouraging me to extend my leg to 135 degrees. I told them I wasn't trying to make the gymnastics team, but they kept encouraging me to try as hard as I could, gymnastics team or not."



**Elsie Bohlander
with one of her
many Award-
Winning Quilts**

She may not be doing cartwheels anytime soon, but she is certainly glad she attended the seminar. "When I heard Dr. Noyes speak he told us the story of a woman who was overjoyed that after her knee replacement her bowed legs were straight. Next time I see him I can't wait to tell him how happy I am; my legs look and feel great."

Dr. Noyes commented that Elsie was a great patient and worked hard after her surgery to achieve a good result. "The important point is to maintain a positive attitude," says Dr. Noyes. "Using the physical therapy facilities at Cincinnati SportsMedicine, patients will receive compassionate care and the very latest in rehabilitation techniques."



Dr. Frank Noyes

President
513.891-3200
ext. 3139

Specialty Interests:

*Partial and total knee re-
placement surgery, complex
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arthroscopic knee surgery*