

I'M SO LUCKY! TODAY, I FEEL AS IF I NEVER HAD KNEE SURGERY!



Phyllis Kellerman, 70-years-young dancer from Boynton Beach, Florida, couldn't put any weight on her right foot without feeling pain.

"I was a dancer, so I have a lot of flexibility, but the pain in my right knee was too much to stand, literally. I was fighting to not have knee surgery, fearing that the surgery wouldn't go well, but I had no choice. I knew I needed it and I had to find the best to help me with my knee pain," said Phyllis.

At the time, Phyllis had been living in a senior housing community where she had met others who had already undergone knee replacement surgery – many expressing how much better they were feeling. Through these conversations, the one doctor's name that kept coming up was Martin W. Roche, MD at Holy Cross Orthopedic Institute in Fort Lauderdale, Florida. In fact, Phyllis' son, a chiropractor in Ft. Lauderdale, had also learned of Dr. Roche's expertise with knee replacement surgery and encouraged his mother to schedule a visit. Phyllis finally made the appointment she had been delaying for so long.

At Phyllis' initial appointment with Dr. Roche, he performed a thorough examination of her knee, where he determined Phyllis was a candidate for a total knee replacement. Dr. Roche also encouraged her to attend the free class that Holy Cross Hospital offers their patients, informing them on what to expect when one undergoes total knee replacement surgery. The class also covered the use of VERASENSE – an innovative technology that utilizes advanced microchip and sensor technologies to assist surgeons in improving knee balance during knee replacement, with the goal of achieving better patient outcomes and satisfaction.

VERASENSE™ provides real-time data to surgeons during surgery, which helps them to better balance your knee and customize implant position. Like when you take your car in for new tires, the mechanic will hook it up to a computer to ensure the wheels are properly balanced for improved long-term performance. Surgeons can now use VERASENSE to improve your knee balance.





ADVANCED TECHNOLOGY TO GET BACK HER ACTIVE LIFE

With an experienced surgeon like Dr. Roche and the use of VERASENSE, Phyllis felt confident of her decision to move forward with the procedure, and the uncertainty of having knee replacement surgery subsided. Her main goal was getting back to her active lifestyle of dancing, traveling and riding a bike again.

“After the procedure, I wanted to make sure I followed Dr. Roche’s instructions so I can get the best results, so a physical therapist came to my house three times a week for the first two weeks. By the third week, I began going to another therapist close to my home. She was amazed at how in only three weeks after surgery, I was using the bicycle – cycling forwards and backwards,” said Phyllis. Everyone couldn’t believe how well I was walking!”

“I’m so lucky! Today, I feel as if I never had knee surgery. My knee feels as good as it did before it started hurting me,” Phyllis added. “Now I’m ready to have my other knee done.”

“In only three weeks after surgery, I was using the bicycle - cycling forwards and backwards.”

THE VERASENSE DIFFERENCE

During VERASENSE Sensor-Assisted Total Knee Replacement, your surgeon receives immediate visual feedback, transmitted wirelessly by the sensor, to help with soft tissue balance and implant placement.

This innovative device doesn’t influence your surgeon’s decision regarding which type of implant design is best for you, and it doesn’t change the procedure. The procedure is the same, but with the help of this new technology, surgeons can make evidence-based decisions to better balance the knee for each and every patient.

Individual results may vary. In every case your physician and/or Orthopaedic surgeon must guide you on all aspects of your surgery, including pre-and post-operative care.



DR MARTIN ROCHE

Dr. Martin Roche is a board certified orthopedic surgeon at Holy Cross Hospital in Fort Lauderdale. He is a pioneer in advanced technologies and techniques for joint replacements, robotics and sensor applications. He specializes in knee arthroplasty and reconstruction.

To contact Dr. Martin Roche for an appointment or inquiry, please call 954.958.4800.



ABOUT HOLY CROSS HOSPITAL

A part of Trinity Health, Fort Lauderdale, FL-based Holy Cross Hospital is a full-service, non-profit, Catholic, teaching hospital operating in the spirit of the Sisters of Mercy. In 2016, U.S. News and World Report named Holy Cross Hospital among the top three hospitals in South Florida and one of only 63 in the nation to achieve “high performing” in all nine medical conditions surveyed. Through strategic collaborations and a commitment to being a person-centered, transforming, healing presence, the 557-bed hospital offers progressive inpatient, outpatient and community outreach services and clinical research trials to serve as our community’s trusted health partner for life.

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