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“It’s not a ‘need’ kind of a surgery, it’s an elective surgery,” said Dr. Dominick. “It’s something that a patient chooses to improve their lifestyle.”

After surgery, the healing process depends on the patient, but the dust begins to settle after two weeks.

“It is a great reward to see patients in their follow-up appointments and hear they’re returning to activities that allow them to fully live their lives as they want,” said Dr. Batman.

THE ORTHOPAEDIC TEAM

Thomas Dominick, MD

24 YEARS
OF PRACTICE



ABOUT ME

I can honestly say I have wanted to be an orthopaedic surgeon for as long as I can remember. I enjoy the immediate results and relief of pain I can see in my patients as they go through treatment. It’s satisfying to open up new possibilities and activities that my patients thought were lost forever.

When I’m not working, my family is my focus. My kids have a wide variety of interests, and I enjoy exploring those things with them. I love adrenaline sports, like riding my bike either on gravel mountain roads or on snow. Skiing, snowboarding, boating, windsurfing, and waterskiing fulfill my love of fast sports. I also enjoy traveling and dining—passions I share with my wife of 32 years.

“It’s satisfying to open up new possibilities and activities that my patients thought were lost forever.”

—Dr. Dominick

BACK IN ACTION

To find out more about the benefits of hip replacement, contact us at **1-800-598-5096** or visit **evanhospital.com/ortho**.

A LEG UP TOTAL KNEE REPLACEMENT MAKES DAILY LIVING EASIER

If chronic knee pain is impacting your ability to enjoy your life and the activities you love, you may be a candidate for a total knee replacement.

During a total knee replacement, an orthopaedic surgeon will remove and replace an arthritic or damaged knee with an artificial one called a prosthesis.

The decision to undergo a total knee replacement is a personal one, but the result is most often life changing.

“The expectation is a significant reduction in pain, increase in function, and improvement in your overall lifestyle,” said Charles Cole, MD, Orthopaedic Surgeon at SUN Orthopaedics of Evangelical. “Routine, daily living is easier.”

SPECIAL ISSUE • Knee Replacement



WHAT TO EXPECT

The days of a lengthy hospital stay for total joint replacements are in the rearview mirror. More than 85 percent of all total joint replacement patients at Evangelical Community

Hospital are discharged within 24 hours of their surgery.

Patients begin physical and occupational therapy almost immediately after surgery and continue that therapy in an outpatient setting for an average of six weeks.

“I tell most people that usually by six weeks post-op, they should be feeling pretty good, and they should be able to do a lot of things they couldn’t do before without pain,” said Dr. Cole. “They might be able to return to work.”

Preparation for successful total knee replacement begins weeks in advance. Nurse navigators work with patients to help them understand what to expect before, during, and after the procedure. These navigators can help answer questions and guide patients through pre- and post-operative steps. An educational video and guidebook also support the patient in their journey to a new knee. Patients are also encouraged to work with a physical therapist to strengthen muscles they’ll need in their recovery.

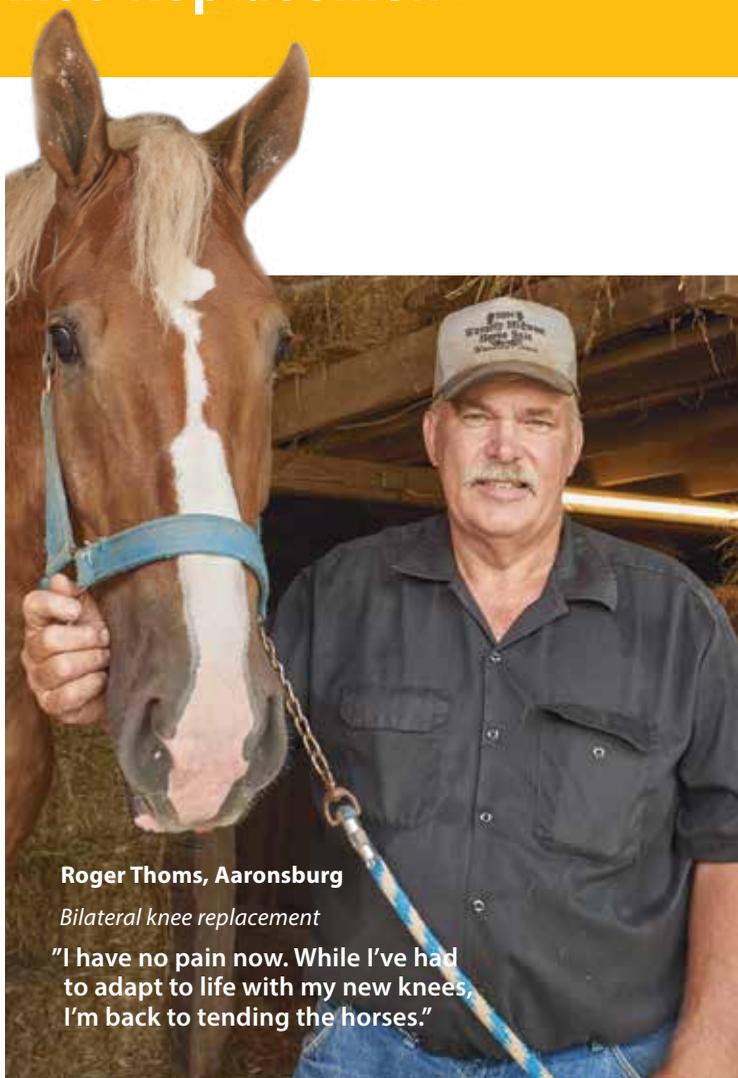
“It’s a well-organized process, and there’s good information every step of the way,” said Dr. Cole.

ONE VERSUS TWO

Depending on the condition of their knees, patients may want to consider a bilateral replacement, meaning both knees are replaced at the same time.

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istock.com/Mohammed Hameela Nizamuddeen



Roger Thoms, Aaronsburg

Bilateral knee replacement

“I have no pain now. While I’ve had to adapt to life with my new knees, I’m back to tending the horses.”

THE ORTHOPAEDIC TEAM

Charles Cole, MD

**29 YEARS
OF PRACTICE**

ABOUT ME



The musculoskeletal system has always interested me much more than anything else in medicine. The interest was sparked long before medical school, so it was an easy choice to choose orthopaedics as a specialty.

Outside of work, I enjoy spending time with my wife and children, deepening my faith, and doing work outside, like building and restoration projects.

MEET OUR ADVANCED PRACTITIONERS

In addition to the board certified surgeons of SUN Orthopaedics of Evangelical, our skilled advanced practitioners offer patients comprehensive and collaborative orthopaedic care. These medical professionals work with patients to further the continuation of their individual care plans.

ORTHOPAEDIC ADVANCED PRACTITIONERS AT SUN ORTHOPAEDICS OF EVANGELICAL:

Michael Asche, PA-C	Amanda Piccione, PA-C
Anthony Dzikowski, PA-C	Paula Scolamacchia, PA-C
Larry Gerhard, PA-C	Robert Veach, PA-C
Brandy Moyer, PA-C	Ken Zook, PA-C

READY TO MOVE ON FROM CHRONIC KNEE PAIN?

Call 1-800-598-5096 or visit evanhospital.com/ortho.

EXPERIENCE YOU CAN COU

JOINT REPLACEMENT HOSPITAL CARE FOCUSES ON RESULTS

Most surgical joint replacement patients find themselves with only a short stay in the Hospital, but the stay is not short on results. About 85 percent of SUN Orthopaedics of Evangelical joint replacement patients—whether for knee, hip, or shoulder—are candidates to receive the surgery and be discharged within 24 hours.

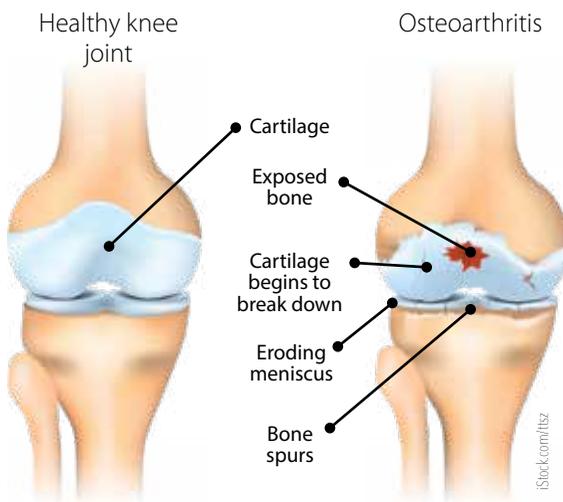
Candi R. Taylor, RN, BSN, CRRN, ONC, has served as an inpatient nurse, caring for patients for the last 18 years. As the Director of Inpatient Rehabilitation and the Center for Orthopaedics at Evangelical Community Hospital, it is her job—along with her team—to fully prepare and educate patients on what they will experience before and after surgery.

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“A lot of people have an equal amount of arthritic severity in both knees, so it can be difficult to choose which one to have replaced,” said Dr. Cole. “Bilateral is a viable option for patients under the age of 75 with few or no significant medical issues.”

While the healing process for a bilateral knee replacement may be more painful in the beginning, the recovery time should be about the same as that for a single replacement.

“It’s remarkable, but I think by six to eight weeks after surgery, the majority of people who have both knees replaced are just as far along as a single-knee patient,” said Dr. Cole.



Like hip replacement, the most common reason for total knee replacement is osteoarthritis. When the cartilage that protects the knee bones breaks down, it often results in bone rubbing on bone, which can cause bone spurs to grow. These small lumps can cause pain when extending and bending the leg.