

Thoroughly Modern Measures

Lasers and small-incision surgical techniques treat the source of pain while reducing surgical pain and speeding recovery times.

It is no secret that if we employ surgical procedures that result in less tissue disturbance, patients usually experience less pain and blood loss, smaller scars, and quicker recovery times," informs board-certified orthopaedic surgeon Scott S. Katzman, MD. "That is why I specialize in minimally invasive techniques — from surgical procedures that allow me to access surgical sites through incisions from one and one-half to three inches long to laser surgeries that take advantage of precisely focused energy to

can reduce the bulging tissue of herniated spinal discs and reduce the bony tissue pressing against sensitive nerves.

Brenda's story

A car accident in October 2004 left Brenda Oyola with serious back injuries.

"I had bulging discs in my lumbar spine," says Brenda, "and my injuries caused me so much pain. Sometimes I'd go numb all down my left side, and

I had bad muscle spasms. I couldn't stand for very long or walk long distances, and even lifting my arms up to open a kitchen cabinet was painful for me."

Brenda readily admits that she was worried. "I was just 26 years old, with a four-year-old daughter to keep up with," she points out. "After my accident, it sometimes took me three hours just to vacuum my rug, make my bed,

and do a load of laundry at home. Before my accident, I worked 12-hour shifts as a home health aide, and that's a physically demanding job. I was pretty scared about not being able to continue working."

Fortunately, Brenda was referred to Dr. Katzman for conservative treatment of her spine pain, coupled with chiropractic manipulations three times a week. Even so, she found limited relief.

"I was taking painkillers, muscle relaxants, and pain-blocking injections, and I was still in pain," Brenda confides. "I couldn't even pick up my daughter to play

with her. I thought I would be taking pills and injections to control my pain all my life."

Dr. Katzman proposed a better solution.

"Because conservative approaches still left Brenda with an unacceptable level of spine pain, I suggested an advanced surgical procedure — I sometimes call it *band-aid back surgery* — to treat the herniated discs in her lumbar spine and to reduce her painful facet joints that further impinged on pain-generating nerves," informs Dr. Katzman.

Although Brenda appreciated the difference between an open incision on her back and the tiny portals Dr. Katzman would use to treat her bulging discs, she admits that even this minimally invasive surgery gave her pause.

"Some people scared me, telling me that back surgery would leave me with more pain than I already had," remembers Brenda, "but I trusted Dr. Katzman, and I knew he would not do something that would hurt me. Even though I was nervous, I decided to schedule the surgery."

It wasn't long before Brenda knew her faith in Dr. Katzman was well placed.

"Shortly after the surgery, I went to Universal Studios, and I was sure I'd have a hard time just making the drive," says Brenda. "I didn't. I thought I'd have to rent a wheelchair or motorized scooter to get around, but I walked all day. I was tired, because I hadn't been active for so long," Brenda says, "but I wasn't in pain."

"Everything is changing for the better," she continues. "I'm able to play with my daughter, I can drive, and I can do my housework. I waited to return to work for a little while because my work was so strenuous, but now, thanks to Dr. Katzman, I'm back to being me."

Shouldering aside the pain

Laser orthopaedic surgery extends its benefits well beyond the relief of persistent spine pain.

Robert S. "Bob" Hall discovered it is a strong ally against shoulder pain too.

"I've been in the restaurant business most of my life," relates the dietary manager. "I move cases of canned goods onto shelved carts, open and empty boxes, and shift bulk foods around. I developed arthritis and bony growths in my right shoulder that restricted its movement. It hurt to bend my arm and raise my elbow or to reach overhead. Sometimes the pain was so bad that I couldn't sleep at night."

Bob knew exactly how to handle the problem. "I went to Dr. Katzman. He had performed my back surgery a few months earlier and delivered excellent results. I had a lot of confidence in him."

"Dr. Katzman performed laser surgery on my shoulder," says Bob. "It took about 45 minutes, but he recontoured my shoulder bone so that it didn't compress the nerve or restrict movement anymore."

"I'm impressed with Dr. Katzman's skill," says Bob, "but I'm even more impressed with his attitude. Other orthopaedic surgeons had told me my spine and shoulder pain couldn't be treated — that I had to live with that pain. Dr. Katzman told me he could solve the problem."

"And he did."

SHRUGGING OFF THE PAIN.

Laser shoulder surgery allowed Bob to return to his career in dietary management.

Scott S. Katzman, MD, P.A.



Scott S. Katzman, MD, is board certified by the American Board of Orthopaedic Surgery. He completed his undergraduate studies at the University of California at San Diego and earned his medical degree at Jefferson Medical College, Thomas Jefferson University, Philadelphia, PA. Dr. Katzman served his general surgery internship at the University of California, San Francisco, and his residency in orthopaedic surgery at the University of Arizona Health Sciences Center, Tucson, where he also completed a spine mini-fellowship. Dr. Katzman has published and lectured extensively on topics in orthopaedic surgery, and he is a leader in the development of minimally invasive joint replacement techniques.

retract herniated spinal discs or to reduce bony prominences and other obstructions in joints.

"Laser spine surgery causes no thermal damage to surrounding tissue, can be performed with the patient under local anesthesia, and requires no sutures," lists Dr. Katzman. "It is an outpatient procedure, provides a quick recovery and return to normal activities, and is an effective remedy for acute as well as chronic pain."

The laser spine surgery Dr. Katzman performs is accomplished through puncture incisions no larger than a freckle. His "scalpel" is a precisely controlled laser that



PHOTO BY NERISSA JOHNSON

WONDERFUL NOW. Joanne has left behind years of debilitating hip pain.

Small-incision hip replacement

Traditionally, hip replacement surgery is performed on an inpatient basis and requires an 8- to 10-inch incision, several weeks of physical therapy, and a delay of six to eight weeks before patients can return to normal activities.

Dr. Katzman pioneered one technique for minimally invasive total hip arthroplasty that allows the weight-bearing hip joint to be replaced in a surgery using an incision no greater than three inches in length, with joint components that last for many years.

Dr. Katzman's technique relies on smaller surgical instruments that he designed for Biomet Orthopaedics, and it is so successful that both Biomet and Johnson & Johnson have contracted with Dr. Katzman to provide instruction to other surgeons in the most efficacious use of his technique with both manufacturers' instruments. The technique has proven itself safe and effective even for heavily muscled or obese patients.

"This posterior-approach procedure can be accomplished in about 90 minutes," Dr. Katzman informs, "and in those situations where conversion to standard surgery is necessary, this can be accomplished simply by extending the small incision."

"In performing minimally invasive total hip replacement, specially designed instruments are inserted through the small incision to allow the surgeon to spread, rather than cut through, most of the muscles and ligaments surrounding the hip. This spares the *quadratus femoris* [large, four-sided muscle] and allows for a much

quicker recovery.

"Most patients return home within 48 hours after surgery," says Dr. Katzman, "whereas others may be treated on an outpatient basis. Most patients will complete their postsurgical outpatient physical therapy within two weeks."

Because the surgery is minimally invasive and provides such quick recovery times, Dr. Katzman points out that it is an excellent surgery for younger, active patients as well as those of more advanced years.

Great results

Go to work. Take a pain pill. Go to bed.

That pretty much sums up Judy Seelin's life while she was living with excruciating hip pain.

Judy, a registered nurse and orthopaedic case manager, had been told she had osteoarthritis. She tried to loosen her hip joint with exercises at a local gym. "That made my pain worse," says Judy. "Another doctor told me my pain was caused by bursitis and gave me a cortisone injection. That didn't help either. Then I was told I had herniated discs in my back."

Finally, Judy turned to Dr. Katzman. "Dr. Katzman is an excellent orthopaedic surgeon, and he's also a friend," describes Judy. "He examined me, took new x-rays, and told me my hip joint needed to be replaced."

"I was fortunate, because Dr. Katzman performs minimally invasive hip replacement surgeries, and I'd seen how quickly his patients recovered — how small their scars were. If I had opted for traditional hip replacement, I knew I'd have a large, unsightly scar down my leg and a prolonged, difficult recovery. I liked Dr. Katzman's option better. *Let's do it!* I told him."

Judy says she did "phenomenally well" following surgery in November 2004. "I didn't need any rehab," she relates. "I was driving two weeks after my surgery and returned to work a week after that. Despite my quick surgical recovery, I know that it will take up to a year for my tissues to heal thoroughly, so I still have to be careful," Judy explains. "But thanks to Dr. Katzman's procedure, I can handle all my daily activities without any problem. I've even gone on walking and hiking trips. And my surgical scar is so small that I can even wear a bathing suit without revealing it."

Another success

"My hip pain started in the late 1990s," recalls Joanne Goguen, "and it got progressively worse. It got so bad that I had to use crutches to walk. And it restricted my activities. I couldn't walk to the river to go swimming; I couldn't rock my grandson. It was terrible."

Exercise didn't help, and that surprised her. "I thought I had arthritis," says Joanne, "and I know that hip pain caused by arthritis is supposed to lessen with exercise, not get worse."

Joanne was interested in an effective solution, and when she read about a minimally invasive hip surgery



STANDING ORDERS. Judy has no problem now handling her daily tasks at work or at home.

in a national magazine, she thought she'd found it.

Next, she needed a surgeon, and her search led her to Dr. Katzman. She wasn't aware at the time that it was

Dr. Katzman who had pioneered the very surgery she wanted.

"My research showed that Dr. Katzman has excellent credentials and that he performs advanced orthopaedic surgeries," informs Joanne, "so I called his office and asked if he could perform this procedure. He told me, *Yes. In fact, I'm the one who teaches others how to do it.*"

Joanne had found her doctor. She also found that her pain had nothing to do with arthritis. Joanne had avascular necrosis, a condition she speculates is related to the steroids she uses to control her asthma. Until she replaced her hip joints, Dr. Katzman told her, Joanne's pain would only get worse as her hip joints continued to deteriorate.

"Dr. Katzman was very thorough in talking to me about my condition," recalls Joanne. "He explained everything so well that I never felt like I was lost in the process or was losing control of what was happening. He's a wonderful person to work with, and I trusted him completely."

Dr. Katzman replaced both of Joanne's hips in separate surgeries using the minimally invasive technique at an outpatient surgery center.

"My hips feel wonderful now," proclaims Joanne. "I don't need my crutches anymore, and if I didn't tell you, you wouldn't even know I'd ever had hip surgery." **PHOTO BY BILLIE S. NOAKES**

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