

# troy-somerset GAZETTE

## New Knee Surgery Speeds Recovery and Reduces Pain for Thousands of Patients

By troy-somerset GAZETTE  
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Dr. Jeffrey DeClaire, a nationally renowned orthopaedic surgeon, is using a new technique that will revolutionize knee replacement surgery. Dr. DeClaire, founder of the DeClaire Knee & Orthopaedic Institute in Rochester Hills, Mich., formerly the Michigan Sports Medicine Center, is a leader in less and minimally invasive surgery (MIS), which reduces pain and recovery time for patients.

“I’ve had patients who are able to walk without assistance just days after minimally invasive surgery,” said Dr. DeClaire. “Traditional knee replacement surgery requires an eight-to-twelve-inch incision and months of rehabilitation and several days in the hospital.”

With MIS, surgeons make a small, three-inch incision in the knee to insert a manmade joint. MIS patients can spend as little as one day in the hospital and typically have a much quicker recovery. During MIS, the quadriceps muscle remains intact and the patella is not turned over, which helps improve results. Kathleen Goch of Bloomfield Hills, Mich., underwent MIS for two total knee replacements. “I was having trouble walking and even standing when I went to see Dr. DeClaire,” said Goch. “I was thrilled to find out about MIS and couldn’t be happier with the results from my surgery. I was walking well within three days and able to resume my active lifestyle, I was without pain within four weeks, it’s just incredible and has truly changed my life.”

More than 30 million Americans suffer from osteoarthritis or severe knee pain. Each year, approximately 300,000 have total knee replacements. Although MIS is relatively new, it is already making an impact. Dr. DeClaire has used the cutting edge procedure to successfully reconstruct hundreds of stiff and achy knees.

“New and improved technology and surgical tools are enabling us to better serve patients. We can expect even further advancements in the future,” said

DeClaire. “I am working with a leading orthopaedic product and services company to test future products such as 3D-image guided and non-image based navigation systems.”

Dr. DeClaire recently demonstrated his technique during an international medical symposium, MIS Meets COAS (Computer Assisted Orthopaedic Surgery), in Pittsburgh. The symposium brought together world leaders in orthopaedic surgery to educate them about MIS joint reconstruction surgery. Presenters also discussed the latest developments in CAOS. CAOS represents the future for knee replacements and will lead to more accurate and less invasive surgical techniques.



Jeffrey DeClaire, M.D., is the founder of the DeClaire Knee & Orthopaedic Institute in Rochester Hills, Michigan. He earned his undergraduate degree and medical degree from the University of Michigan in Ann Arbor, Michigan. Dr. DeClaire also completed a fellowship in sports medicine and reconstructive surgery of the knee at Pennsylvania State University in Hershey, PA. He is board certified in orthopaedic surgery. Dr. DeClaire was awarded the Outstanding Physician of the Year Award by Governor John Engler in 1997. He is a member of the American Medical Association, the American Academy of Orthopaedic Surgeons, Arthroscopy Association of North America and The American Orthopaedic Society for Sports Medicine.