

World Renowned Orthopedic Surgeon Creates Movestrong™ and Expands Institute

ROCHESTER HILLS – A cutting-edge concept connecting medical and fitness expertise to prevent injuries and delay knee surgery has been created by world-renowned and local orthopaedic surgeon, Dr. Jeffrey DeClaire, making Movestrong™ and the newly expanded DeClaire Knee & Orthopaedic Institute the first of its kind in Southeast Michigan. The facility was created to bring doctors, physical therapists and fitness specialists to one location with an approach to increasing wellness, strength and flexibility for its patients. It is located in the DeClaire Knee & Orthopaedic Institute, a 14,865 sq. ft. state-of-the-art facility in the Crittenton Medical Building in Rochester Hills.

An official ribbon cutting for Movestrong and the newly expanded DeClaire Knee & Orthopaedic Institute is scheduled for Thursday, April 12 at 3 p.m. Guest speakers to include: L. Brooks Patterson, Oakland County Executive; Bryan Barnett, Mayor of Rochester Hills; and Lynn Orfgen, CEO & President of Crittenton Hospital.

The care and expertise of Movestrong™ includes the oversight of trained medical personnel on DeClaire's team, all directed to making each person stronger and more mobile. It provides personalized wellness programs and personal training services for those who want individual attention while improving their quality of life. For most, it will be a safe new way to reach fitness goals, providing medical supervision and consultation when necessary.

"We are passionate about doing whatever we can to diagnose, treat, and care for our patients until their knee or joint is in the optimal state of health," said Dr. Jeffrey DeClaire, founder of the DeClaire Knee & Orthopaedic Institute and Movestrong™ and Chief of the Department of Orthopaedic Surgery and the Department of Surgery at Crittenton Hospital.

With the trend toward baby boomers remaining physically active later in life and an aging population suffering from arthritis; the increasing prevalence of obesity, which puts undue stress on the knee joints; the number of knee replacement surgeries is on the rise. According to the American Academy of Orthopaedic Surgeons, the total number of knee replacements performed each year, both total and partial, rose 30% from 2004-2008. In the same period, there was a 61% increase in these surgeries among men and women ages 45 to 64. In 10 years, experts estimate there could be as many as 3.2 million knee replacement surgeries each year.

While Dr. DeClaire and his team perform nearly 1,000 knee surgeries a year, the Institute is focused on finding new ways to prevent injuries and delay surgery in patients. The practice was built on providing alternative solutions to knee pain and customizing procedures to specifically fit each patient and their lifestyle. His approach is best described as "medicine for movement" — a belief that while the patient's treatment must make them strong and more mobile, the doctor needs to find solutions that use the least invasive approach to preserve the normal knee.

"When a patient thanks you for giving them their life back, it pushes you to continue to find new ways to prevent injuries and delay surgeries," said Dr. Jeffrey DeClaire.

Dr. DeClaire works with surgeons around the world to create new techniques and procedures, and he recently added a research department to his practice that focuses on conducting clinical trials on the latest knee components and procedures.

Movestrong's expert team is led by Jeffrey Rybarczyk, P.T., D.P.T., M.S., Director of Physical Therapy and Adrienne LeGasse, BS, SCSM-HFS, Director of Health and Wellness. Those interested in Movestrong may visit www.DeClaireMovestrong.com or call 248-601-MOVE.