

# Movestrong program promotes orthopedic health

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Orthopedic surgeon Dr. Jeffrey DeClaire has expanded his practice with a new comprehensive approach to increasing wellness, strength and flexibility.

The approach, called Movestrong, is a program that was created by DeClaire and Jeffrey Rybarczyk, director of physical therapy. It combines medical treatment, physical therapy and research and fills a void for patients to safely achieve increased function — all in an environment that provides the oversight of trained medical personnel, evaluation and consultation.

The 14,865-square-foot state-of-the-art facility, DeClaire Knee & Orthopaedic Institute, opened in the Crittenton Medical Building in Rochester Hills.

On Thursday, an official ribbon-cutting ceremony for Movestrong and the new location for the DeClaire Knee &

Orthopaedic Institute was held. Guest speakers were Oakland County Executive L. Brooks Patterson, Rochester Hills Mayor Bryan Barnett and Lynn Orfgen, CEO and president of Crittenton Hospital.

Trained medical personnel on DeClaire's team are all directed to make each person stronger and more mobile. The center provides personalized wellness programs and personal training services for those who want individual attention. "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 DeClaire, founder of the DeClaire Knee & Orthopaedic Institute and Movestrong and chief of the surgery and orthopaedic surgery department at Crittenton Hospital. The number of knee replacement surgeries is on the rise in the United States. According to the American Academy of Orthopaedic Surgeons, the total number of knee replacements performed each year, both total and partial, rose 30 percent from 2004 to 2008. In the same period, there was a 61 percent increase in these surgeries among men and women ages 45 to 64. In 10 years, experts estimate that there could be as many as 3.2 million knee replacement surgeries each year.

While DeClaire and his team perform almost 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.

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 Rybarczyk, director of physical therapy; and Adrienne LeGasse, director of health and wellness.

DeClaire Knee & Orthopaedic Institute is in the Crittenton Medical Building, 1135 W. University Drive, Ste. 450, Rochester Hills. Call 248-650-2400 or visit [declaireknee.com](http://declaireknee.com). There will be a new website soon, [www.DeClaireMovestrong.com](http://www.DeClaireMovestrong.com).

