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**Celebration Orthopaedic &
Sports Medicine Institute**
Next-Generation Destination for Orthopaedic Care

Celebration Orthopaedic & Sports Medicine Institute – *Next-Generation Destination for Orthopaedic Care*

By Heidi Ketler

The high-tech, high-touch, high-energy team of orthopaedic surgeons at Celebration Orthopaedic & Sports Medicine Institute represents the next generation of orthopaedic care and medical leadership.

“One of the things that distinguishes our practice is innovation. Our group is now primarily made up of fairly young surgeons who are technologically smart,” says President Brad Homan, D.O., president of Celebration Orthopaedic & Sports Medicine Institute and Medical Director of Sports Medicine at Florida Hospital Celebration.

“We provide a fresh perspective on the latest advances. We are skilled in minimally invasive techniques, so our patients return to

their lives as quickly and comfortably as possible.”

Celebration Orthopaedic & Sports Medicine’s surgeons complement each other with expertise in every aspect of orthopaedic diagnosis, treatment and care. In addition to general orthopaedics, each has specialized fellowship training:

- **Sports medicine and arthroscopy – Brad Homan, D.O.**
- **Joint replacement surgery – Matthew Johnston, D.O.**
- **Hand and upper extremity disorders and microsurgery – Joseph E. Robison, M.D.**
- **Spine surgery, including minimally invasive techniques – Maahir Haque, M.D.**

Dr. Brad Homan discusses Total Knee Arthroplasty with his patient. This minimally invasive procedure is performed on a weekly basis by Dr. Homan and his team and he has perfected his skills. Dr. Homan specializes in Total Joint Replacement, Sports Medicine Injuries and minimally invasive surgery.



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Dr. Brad Homan (right) reaches out to Dr. Matthew Johnston (left) on his opinion of a patient's hip condition. The two often collaborate on what steps need to be taken in the treatment of patients to ensure they are receiving the proper care they deserve. Dr. Johnston specializes in minimally invasive total hip and knee arthroplasty. .

The world-class physicians balance the technical aspects of their practice with personalized care. Making personal connections with patients enables them to prescribe treatment plans that are holistic and realistic. Along with age and overall health, they take into account such things as priorities, concerns, hopes and dreams and lifestyle characteristics, like occupation and level of activity.

HIGH TOUCH: PERSONAL CARE AND HOLISTIC TREATMENTS

"I take a lot of pride in caring for my patients as if they were my friends and family. When they are struggling, I'm struggling, so I provide as much hands on care as possible," says Matthew Johnston, D.O. In addition to general orthopaedics, Dr. Johnston has extensive training in the diagnosis and treatment of arthritis, failed total joint replacement and osteonecrosis. He joined Celebration Orthopaedic & Sports Medicine Institute in 2009.

"It's important for me and my partners to see patients as individuals, not just X-rays or test results. We really try to connect with patients on a personal level," says Joseph E. Robison, M.D. "I try to match the treatment to the patient's needs. For example, treatment for somebody who knits for fun and experiences symptoms once or twice a week may be different than for someone who uses their hands a lot, doing heavy work and are bothered by symptoms every minute of the day."

Dr. Robison is Medical Director of the Florida Hospital Kissimmee Hand & Wrist Clinic and is the Assistant Chief of Staff at Florida Hospital Kissimmee. His special interests are carpal tunnel syndrome, Dupuytren's contracture, ulnar nerve surgery, distal radius fractures, arthritis of the hand and peripheral nerve surgery. He joined the practice in 2011.

Maahir Haque, M.D., is new to the practice, having moved from Providence, R.I., in August, after completing his fellowship at Brown University. A Florida native, Dr. Haque says Celebration Orthopaedic & Sports Medicine's patient-centered approach mirrors his own. "My treatment plans are specifically tailored to each patient. Even though two patients may share the same problem, their activities, physical demands or simply their life goals may be completely different. One might choose surgery, while the other might prefer to avoid surgery. I look to find the right answer for the patient."

The emphasis in health care today is quality, not quantity, says Dr. Homan, who joined the practice in 2005. "We recognize that, and we're focusing on benchmarks and clinical best practices with the goal of improving patient care and satisfaction." The practice, Dr. Homan says, is at the 95th percentile or higher of meeting national benchmarks, including those produced by the HCAHPS (Hospital Consumer Assessment of Healthcare Providers and Systems) patient satisfaction survey, and established best practices. Day to day, "positive

feedback and patient referrals tell us we are doing a good job.”

Celebration Orthopaedic & Sports Medicine Institute has been recognized for leading-edge, compassionate care since it opened in 1998. Practice founder David D. Dore, M.D., retired in 2014, but his philosophy and his compassion are reflected in the team that he assembled.

HIGH TECH: THE NEXT BIG THING IS HERE

Today Celebration Orthopaedic & Sports Medicine Institute includes a well-established alliance with Florida Hospital Celebration Health. “Our practice is in a unique position to partner with the hospital and offer services other orthopaedic surgery practices typically cannot,” like robotic surgery, says Dr. Homan.

“The hospital is an internationally recognized ‘destination’ hospital, with an orthopaedic surgery center of excellence and the Global Robotics Institute. We are not only part of that, but we help the hospital achieve that status,” he says.

The Florida Hospital Orthopaedic Institute was the first in the state to perform total knee and arthroscopic surgery. Today it is ranked a Top 10 hospital for knees and hips by AARP Magazine.

The institute is equipped with the latest imaging and treatment technology. Its orthopaedic team of nurses, surgical staff, radiologists and licensed therapists is dedicated to caring for the musculoskeletal system. Their multidisciplinary approach promotes individualized treatment plans that get patients back to normal activity as quickly and painlessly as possible.

Celebration Orthopaedic & Sports Medicine Institute has offices on the campus of Florida Hospital Celebration and Florida Hospital Kissimmee. Both locations provide easy access to the advanced imaging technology, comprehensive physical therapy and rehabilitation services.

“At Celebration and Kissimmee, we are fortunate to have state-of-the-art equipment and facilities, as well as a staff that is specifically trained to handle all of our patients’ orthopaedic needs,” says Dr. Johnston, who is Director of Orthopaedics at Florida Hospital Kissimmee. “Because of the facilities that we have at our disposal, we can offer state-of-the-art nonsurgical approaches for many chronic conditions.”

“It’s important for us to recognize that the majority of the patients in our office can be treated nonsurgically. We pride ourselves on making sure we provide appropriate nonsurgical treatment and manage recovery without surgery when we can,” says Dr. Homan.



Dr. Joseph Robison reviews a hand x-ray with his patient. Dr. Robison involves his patients in every aspect of their care and ultimately leaves the option of surgery up to them. Dr. Robison’s special interests are Carpal Tunnel Syndrome, Dupuytren’s Contracture, and Arthritis of the Hand.

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LESS IS OFTEN MORE

“Our main focus is on minimally invasive techniques, getting the surgeries done using smaller incisions, with less tissue damage, and controlling post-operative pain to speed up the recovery process,” says Dr. Homan.

Minimally invasive spine surgery techniques are designed to give equivalent relief as more traditional techniques. The significant advantage comes from using smaller incisions and doing less tissue damage. Surgical complications, blood loss, pain, recovery time and scarring are reduced.

The key to surgical success, says Dr. Haque, is knowing what technique to use for each patient. “I am challenging patients’ expectations. My patients are surprised how quickly they are able to recover.”

Dr. Haque returned to his home state with game-changing expertise in evidence-based, minimally invasive techniques to alleviate neck and back pain, after conservative measures don’t improve symptoms.

Among them are:

- Endoscopic discectomy
- Endoscopic decompression
- Endoscopic fusion
- Total disc replacement
- Kyphoplasty
- Lateral fusion

“Not every patient is a candidate for outpatient, minimally invasive surgery, but many are,” says Dr. Haque. “I pride myself on finding the best treatment for each individual patient.”

ROBOTIC SURGERY

“The advantage of robotic surgery is a new level of precision and accuracy, which can improve surgical outcomes,” says Dr. Homan.

For certain spine surgeries, Celebration Health Robotics Institute is the only adult hospital in central Florida equipped with the Mazor Robotic Renaissance system. For partial knee or total

hip arthroplasty, RIO Robotic Arm Interactive Orthopedic System technology, or MAKOpasty, is an option for the appropriate patient.

A study reported that MAKOpasty is four-to-six times more accurate than manual techniques for implant placement.¹ Results from a multicenter trial indicate that 84 percent of implants placed with MAKOpasty robotic arm technology are in an acceptable range, compared to only 47 percent of implants placed manually.²

“I would say, across the country the majority of (orthopaedic centers) do not have this technology,” says Dr. Homan.

KNEE AND HIP SURGERY

More than 500,000 people in the United States have knee replacements each year.

Debilitating primary osteoarthritis is the major indication for knee and hip replacement operations. “The positive effect of replacement on quality of life for patients age 60 and older is significant and well established,” says Dr. Johnston.

Hip and knee replacement is not usually done in younger people, because the average life expectancy of artificial bearings is about 20 years, and younger people tend to put more strain on their new hip or knee.

“It’s important that the orthopaedic surgeon have significant experience in performing hip and knee replacement procedures and keep up to date with developments in order to give the best medical advice and get the best results,” says Dr. Johnston. “Total knee and hip arthroplasty produces excellent results in the properly selected patient.”

Dr. Johnston and Dr. Homan have performed several hundred total knee arthroplasties (TKA) and more than 1,000 total hip arthroplasties (THA).

“Total hip arthroplasty is a safe and reproducible procedure

that can give excellent results with a low complication rate, reduced discomfort and decreased time for recovery in the majority of patients,” says Dr. Johnston.

After joint replacement, the patient should eventually be able to return to his or her former level of activity. While impact activity that includes running and jumping should be avoided, patients should be able to do low-impact activities, like hiking, gardening, swimming, playing tennis, cycling and golfing.

SPINE SURGERY

Eight out of 10 people will have back pain at some point in their lives, making it one of the most widely experienced health problems in the world and a main reason for work absences and doctor visits.

In 2000, the five-year Spine Patient Outcomes Research Trial (SPORT) compared surgical and nonsurgical treatments for three of the most common conditions of the lower back: intervertebral disc herniation, degenerative spondylolisthesis and spinal stenosis.³ In all three cases, the study found the group that underwent standard surgery had a more rapid improvement and reported better physical function and satisfaction eight years after the operation than did the group that received nonsurgical treatment.

A 1999 study found approximately the same outcomes between endoscopic (arthroscopic) and open discectomy techniques.⁴ However, the patients who had the video-assisted arthroscopic microdiscectomy had shorter postoperative disability and narcotics use.

Dr. Haque is experienced in the latest advances in microscopic surgery, disc replacement and minimally-invasive spinal fusion. For example, XLIF, or eXtreme Lateral Interbody Fusion, is an advanced, minimally invasive approach for spinal fusion that provides access to the spine from the side of the body instead of from the front or back. Dr. Haque performs XLIF to treat a variety of

spinal conditions, including degenerative disc disease, spinal stenosis, spondylolisthesis, recurrent disc herniation and scoliosis.

“I am trained in a wide variety of techniques. I can do whatever the patient needs to have done, whether it’s traditional open surgery or less-invasive procedures,” says Dr. Haque. “Many of the newer minimally invasive procedures do improve outcomes in the long term, and they are not yet done with great frequency here in the Orlando community. I’ve brought my training from the northeast with me for the benefit of my community.”

HAND SURGERY

Dr. Robison treats all forms

Dr. Maahir Haque discusses a patient’s treatment with a member of the staff. Dr. Haque is the newest member of the staff and performs many impressive outpatient treatments allowing patients to go home immediately after surgery. Some of the procedures he specializes in are Endoscopic discectomy, Total disc replacement, Endoscopic decompression Kyphoplasty, Endoscopic fusion and Lateral fusion.



of injuries and disorders of the hand and elbow, including upper-extremity arthritis, scaphoid and distal radius fractures, and peripheral nerve injury. He says he gets special satisfaction treating carpal tunnel and cubital tunnel syndromes and Dupuytren's contracture, conditions that can be easily mistreated or over-treated by those without specialized training.

Like most orthopaedic conditions, hand surgery is considered only after conservative measures have failed. Conservative treatment may include anti-inflammatory medications, splinting and change in habits, such as using tools and technology to reduce repetitive motion at work or amending athletic technique. Physical therapy that includes ultrasound and range-of-motion exercises, as well as corticosteroid injections to reduce swelling also may be options.

Most mild cases of carpal tunnel syndrome usually can be managed with conservative treatment, says Dr. Robison. Surgery should only be considered if symptoms persist, there is nerve damage, or risk of irreversible nerve injury. Surgery involves dividing the transverse carpal ligament to relieve pressure on the median nerve in the wrist. Nowadays, this procedure can often be performed endoscopically.

Cubital tunnel syndrome, or ulnar neuritis, is the second most common reason for peripheral nerve entrapment neuropathy in the upper limb. The condition is more common in certain occupations. It also can be associated with previous elbow trauma, elbow arthritis and diabetic neuropathy.

Symptoms include pain, numbness, tingling and sometimes weakness in the ulnar side of the hand and can greatly inhibit athletic performance that requires strong hand or wrist action. In most cases, cubital tunnel syndrome can be managed conservatively, but more severe cases may require surgery to decompress the tunnel and/or transpose the nerve. A newer endoscopic approach allows for more complete release and decompression, without a large incision and lengthy recovery time, according to Dr. Robison.

Dupuytren's contracture is a hand deformity caused by thickening tissue under the skin of the palm. Thick, collagenous cords may eventually develop and pull one or more fingers into a bent position. The condition can make it difficult or impossible to grasp and perform routine tasks. Biochemical factors that affect the palm's connective tissue are thought to be the cause.

Some people have no dysfunction and need monitoring only. If the condition interferes with daily activities, treatment may help. Conservative measures may include ultrasound and local cortisone injection to reduce prominence of the cords. A newer nonsurgical treatment option to relax fingers that are bent is collagenase clostridium histolyticum injection to weaken the cords.

When dysfunction is significant, surgery to remove or cut scar tissue may restore use of the hand. Needle fasciotomy may be performed to divide the cord and release tightness. As many as 60 percent of people who have a needle fasciotomy experience a return of symptoms within three to five years.

Open fasciotomy is sometimes used to treat more severe cases. It is a more extensive operation, with a slower recovery but longer-lasting results, with the rate of recurrence as low as 8 percent.

HIGH ENERGY: DOCS HUSTLE ON AND OFF THE SIDELINES

Celebration Orthopaedic & Sports Medicine Institute is a vibrant practice with patients of all ages, conditions and backgrounds, some of whom are even familiar athletes – including high school and college standouts and semi-pro and professional celebrities. As team physicians for seven local high schools, Drs. Homan and Johnston often can be found after hours providing orthopaedic coverage on the sidelines. In the spring, they conduct sports physicals, the cost of which is donated back to the respective athletic departments.

Dr. Homan also is team physician for Impact Wrestling and Tom Shaw Performance Camps, and he provides orthopaedic coverage for the NCAA football bowl games at the Orlando Citrus Bowl and for Disney endurance events.

Dr. Homan was even “at the right place, at the right time” to surgically repair the fractured humerus of a baby gorilla at Disney's Animal Kingdom. Surgery for a broken arm in a gorilla is almost always indicated, he says, because they use their arms like legs, and casting a gorilla is not an option. A veterinarian who takes care of the gorilla recently reported that follow-up X-rays “looked amazing.”

The commitment of Dr. Homan and his partners to sports medicine extends to academics. He and Dr. Johnston work closely with the physician resident program at Florida Hospital as well as other health care professionals. They regularly teach advanced arthroscopy skills to residents and practicing orthopaedic surgeons. They write articles and continue to develop and work on research projects.

Dr. Haque is actively involved in the national and international spine surgery community. He has published a number of peer-reviewed articles in spine surgical journals, including the leading journal *Spine*. He speaks before professional audiences, including at the prestigious Scoliosis Research Society. He also was a clinical instructor at Brown University and continues to instruct other surgeons in advanced spine surgical techniques.

For more information about Celebration Orthopaedic & Sports Medicine Institute, visit www.celebrationorthopaedics.com. Appointments can be made online or by calling (321) 939-0222. Celebration Orthopaedic & Sports Medicine Institute is also on Facebook, Twitter and Instagram. ■



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