

TRADE PARTNER SPOTLIGHT

SOUTHERN JOINT REPLACEMENT INSTITUTE

Are you having issues with your joints? Let's face it, as we age bone and joint care are vital to living an active lifestyle. Our Trade Partner, Southern Joint Replacement Institute, offers services that are beneficial to your joint healthcare. Around the Lake wanted to learn a little more about their services and get some helpful advice from their on staff doctors. Here is what they had to say.

When did the Southern Joint Institute first begin and where are you located?

Southern Joint Replacement Institute was co-founded by Dr. Michael Christie and Dr. David DeBoer in 1999. It has grown to include six board-certified, fellowship trained orthopedic surgeons and an incredibly skilled, large medical team. SJRI has multiple locations across Middle Tennessee.

What makes the Southern Joint Institute a great fit as a DWLP Trade Partner?

We have been very blessed to treat many Del Webb residents who have become some of our biggest fans, and we their enthusiasts! We are big believers in research and education, and are committed to helping people understand all the options that are available to them both from a surgical and non-surgical perspective for treating painful joints and maintaining mobility. We are big believers in evidence-based medicine and believe people should be informed of the pros and cons of all options to help them make the right decision for their particular situation. There is a lot of new technology that is being developed around joint replacement. Many of our physicians are national instructors with these technologies, so they are able to help provide education on current surgical techniques while also projecting possible future trends in joint replacement. We want to be a resource for anyone who wants to enjoy a quality life with better mobility in order to live life to the fullest.

Tell us a little about some of the services offered by Southern Joint Institute.

Southern Joint Replacement Institute is devoted to the treatment of patients needing primary and revision total joint replacement of the hip, knee and shoulder. Our mission is to provide state-of-the-art care in a professional and compassionate environment, while honoring a commitment to research and education in the field of total joint arthroplasty. All six physicians are board-certified, fellowship-trained orthopedic joint replacement specialists. The group offers personalized, patient-centered care, and we follow our patients for life. The SJRI team includes skilled midlevel providers, nurses and nurse navigators, medical assistants, x-ray technicians, physical therapists, hospitalists and highly trained surgical teams who are all focused on the needs of the joint patient. SJRI physicians assisted with the design of the state-of-the-art Advanced Joint Replacement Institute at TriStar Centennial Medical Center in Nashville, Tennessee. The AJRI was recently recognized by the 2020 Healthgrade Ratings & Awards to include Top 5% in Nation for Joint Replacement and the Five Star Recipient for Total Knee Replacement. SJRI docs are also committed to their medical mission around the world through their work with the Walk Strong Foundation.

What are some preventative measures we can take to keep healthy joints as we age?

Every physician will attest to the power of eating healthy, managing your weight, getting plenty of sleep, smoking cessation, limiting alcohol and staying active as some of the fundamentals for overall good health. It is no different with maintaining healthy joints. While you want to make sure you are following your doctor's guidelines, many physicians recommend making sure your calcium and vitamin D levels are adequate to help maintain good bone health. You may want to consider low impact exercises for weight management which are easier on your joints. Cutting down on sugar and processed foods can also help to decrease inflammation in the body. For more detail, we have many videos on our Facebook page and articles on our website that might be helpful. We hope to discuss these at some of our

upcoming educational opportunities through Del Webb, so stay tuned!

Tell us about some of the onsite seminars you may offer to residents.

We hosted our first virtual seminar with Del-Webb Mt. Juliet in October with Dr. J. Craig Morrison. He discussed “Stem Cells versus Surgery.” Some additional topics may include:

- Lifestyle Management for Joint Pain
- Robotic-Arm Assisted Surgery & Other New Technologies
- Walking Strong – Your Mission In Life is Just Beginning
- Physical Therapy Tips
- Research in Orthopedics & Why It’s Important

Also, check out our recent virtual meeting videos on our Facebook page.

Any final thoughts?

When considering joint replacement or any surgical or non-surgical treatment related to the joint, it is critical to find a doctor who is specialized in that field. It is even better if you can find someone who is actively involved in research to make sure every procedure done is based on solid medical evidence. We have loved supporting our patients for the past 21 years, and know that many exciting things are in both of our futures. They have become a part of our SJRI family! Please feel free to contact us any time if we can be of help. Our contact number is 615-342-0038 or go to www.sjri.com. Also, follow us on Facebook and feel free to reach out any time.



Dr. Travis Scott Curry

Tell us a little bit about yourself.

I’m originally from Louisiana, but did most of my medical training at the University of Mississippi. I made that transition because I was fortunate enough to play a little college baseball.

I completed my fellowship training here in Nashville with the physicians of Southern Joint Replacement Institute. I chose joint replacement as a focus in my career because of the consistent improvement and impact it provides to patients and their quality of life.

Share one of your favorite success stories with a patient?

There are many success stories, which is the great thing about my job! Most recently, I saw a patient who underwent bilateral total knee replacement. His biggest

reason for having the surgery done was he could no longer ride on horse drawn wagon trail rides. He’s now 18 months out and just completed a 10 day camping/ride. He not only lead the wagon but was able to saddle up a horse and ride some of the trail which he had not done in years! It was great to see him get so excited about doing something again that he loved!



Dr. Jeffrey T. Hodrick

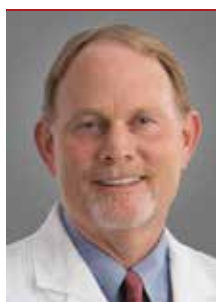
Tell us a little bit about yourself.

I have been with SJRI for 13 years. I am so grateful to work with the best team in Joint Replacement. I did my Orthopaedic Residency at Duke University and Fellowship in Adult Reconstruction at the University of

Utah. I believe in making patient care decisions as if the patient were a member of my family. My primary areas of interest are developing rapid recovery pathways including opioid reduction techniques, outpatient joint replacement, robotic joint replacement, and direct anterior hip replacement.

Share one of your favorite success stories with a patient?

My favorite patient stories are from patients who were determined to do something that they were currently unable to do, but could after joint replacement! This could be as simple as getting on the floor with their new grandchild, walking on the beach, or escorting their daughter down the aisle at her wedding. I love hearing these stories and being part of their journey!



Dr. David DeBoer

Tell us a little bit about yourself.

I am a native of Nashville and went to Antioch High School. I have a Master’s Degree in Biomedical Engineering as well as a Medical degree, both from Vanderbilt University. I designed and developed a joint replacement

registry of our patients as well as the type of artificial implant they have over the past 30 years. At SJRI, our orthopedic group performs over 3000 joint replacement surgeries per year. We use this information to track patient outcomes and complications allowing us to perform continuous process improvement to ensure we maintain the highest quality care for our patients.

Share one of your favorite success stories with a patient?

I have a patient that was 36 years old when I met her.

She had a malignant tumor in her thigh bone above her knee. She had her first surgery in Birmingham, Alabama where they removed the tumor along with a large portion of her thigh bone. She was reconstructed with a knee replacement implant that loosened from the bone after 1 year. She was referred to me. Since she had almost the entire thigh bone missing, I consulted with the engineers at Biomet, an orthopedic implant company, and created a custom manufactured implant for her. This custom implant replaced the entire femur bone. We connected a standard hip replacement implant to a knee replacement implant and by-passed the missing thigh bone with the custom made femur implant. The surgery took almost 5 ½ hours and it was a success.

When I first met this patient she asked me if she would ever be able to walk on the beach again with her husband and children. Now, 20 years later, she still has her original implant. Her kids are grown and have families of their own. And occasionally...I'll get a postcard with her walking on the beach.



Dr. J. Craig Morrison

Tell us a little bit about yourself.

My wife and I both grew up in a small town in Texas. My orthopedic residency brought us to Nashville in 1996. I completed a one year fellowship in Joint Replacement in Boston to complete my training. I specialize in performing and training other surgeons in hip, knee, and shoulder replacement.

Share one of your favorite success stories with a patient?

One of my favorite patients is a Senior Olympic basketball player in his eighties. He has had both of his hips replaced over a several year period of time to keep him playing competitively. His desire to remain so active in something he loves and my ability to help him do that embodies all of what I love about my job.



Dr. Robert Otto

Tell us a little bit about yourself.

I am originally from the St. Louis area and am a 3rd generation orthopedic surgeon. I have a twin brother who is an orthopedic shoulder surgeon in St. Louis. I went to medical school at the University of Missouri and completed residency at St. Louis University. I was able to complete my fellowship training at SJRI. I practiced orthopedics

in St. Louis for 2 years before rejoining SJRI in 2016.

Share one of your favorite success stories with a patient?

I did a hip replacement on a mentally slow gentleman who broke his hip socket in a car crash in his 20s. He and his PCP were unable to find a surgeon to help him for over 8 years before seeing me.

He saw his PCP about 3-4 weeks after his hip replacement. She sent our office a very touching and emotional letter saying how this was the 1st time she has ever seen him walk without a limp, and he had the biggest smile on his face.



Dr. Christie

Tell us a little bit about yourself.

I received my medical training from Loyola University Stritch School of Medicine in Chicago, and completed a fellowship at Harvard University's Combined Orthopaedic Program for Joint Replacement and Adult Reconstructive Surgery. I have a special interest in complex revision procedures of the hip and knee. I also hold a master's degree in epidemiology from Johns Hopkins University. I came to Nashville in 1984 as an assistant professor of Orthopaedics and Rehabilitation at Vanderbilt University Medical Center. In 1989, I helped to found the Vanderbilt Arthritis and Joint Replacement Center, serving as its director until co-founding the Southern Joint Replacement Institute with Dr. David DeBoer in 1999. We focus on primary and revision total joint replacement of the hip, knee and shoulder. Myself and the other doctors at SJRI are also actively involved in SJRI's National Fellowship Program which helps train other orthopedic surgeons in joint replacement and enthusiastic participants with our medical mission work through the Walk Strong Foundation across the globe.

Share one of your favorite success stories with a patient?

A memorable story I have with a patient is one who came to me with an unfortunate complication with her original hip surgery. She was having extreme difficulty with her mobility and was in excruciating pain. She was referred to me to see what we could do to get her back to a pain free hip and independence. Fortunately for her, there was good muscle, excellent bone and we were able to reconstruct her hip without a great deal of difficulty. Today, she is a state senator and actively enjoying her life and family.