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WESTCHESTER HEALTHCARE PROFILES

# GET YOUR LIFE BACK FASTER WITH MAKOplasty

AT SOUTHERN WESTCHESTER ORTHOPEDICS  
& SPORTS MEDICINE, STATE-OF-THE-ART  
TECHNOLOGY HAS CHANGED THE NATURE  
OF JOINT REPLACEMENT SURGERY.



If you have chronic knee or hip pain, you've probably tried many of the conservative treatments already—heat, ice, physical therapy, weight loss, and so on.

But if those options stop working, and your doctor suggests joint replacement surgery, that's when the real anxiety sets in. We've all heard at least one dreadful story from a friend or relative about extensive recovery time, severe pain, and, too often, minimal improvement.

But that's changing. MAKOplasty, a robotically assisted technology using GPS tracking and high-tech 3D imaging, is making traditional joint replacement surgery a thing of the past, leading to vastly improved results, decreased post-operative pain and downtime, and a quicker return to the activities of daily life.

MAKOplasty emerged about six years ago when Southern Westchester Orthopedics & Sports Medicine became the first practice in Westchester County to perform the procedure. Since then, practice partners Dr. David Lent and Dr. Eric Spencer have performed more than 1,000 MAKOplasty procedures and are considered the leaders in the field. They also specialize in sports medicine, osteoarthritis treatment, and knee, wrist, elbow, hand, and shoulder surgery.

## ABSOLUTE ACCURACY

Precision is the key to MAKOplasty. Before the patient even enters the operating room, the location and nature of the injury are digitally mapped down to

the micromillimeter, and a virtual version of the procedure is performed, leaving nothing to chance or the naked eye.

"The reason surgeries went poorly in the past was because of the inappropriate positioning or size of the components used," explains Dr. Lent. "Doctors couldn't see the full picture until after they made the incision. Now we know in advance exactly what needs to be done." One benefit of this is the option for partial replacement when full replacement is unnecessary.

Another benefit of MAKOplasty is faster and less painful recovery. Typically, the patient goes home the next day and resumes daily activities within a couple of weeks—compared to days in the hospital, weeks in a rehab center, and months of outpatient therapy after traditional joint replacement surgery.

The procedure is so popular, many patients return to have the other side done. "I recently had a 92-year-old man come back two weeks after his knee replacement to repair his other knee," Dr. Lent says. "He walks a mile every day to play chess with his friends, and he said, 'Doctor, if I can't do that, what am I here for?'"

That's what Drs. Lent and Spencer enjoy most—helping patients get back to what they love doing. "Our clientele is very active," says Dr. Lent. "They hike, ski, play golf, and spend time with their grandchildren. MAKOplasty helps them return to all of it much more quickly."

## MAKOplasty BENEFITS

- QUICKER PROCEDURE AND RECOVERY
- SMALLER INCISIONS
- MORE ACCURATE IMPLANT PLACEMENT
- LESS PAIN
- LESS TIME IN HOSPITAL
- BETTER LONG-TERM RESULTS
- GREATER PATIENT SATISFACTION
- QUICKER RETURN TO ACTIVITIES

"With joint replacement surgery, it's important to get it right the first time. Patients don't want to have to keep coming back. MAKOplasty is the answer to that. It is so precise that it will soon be the standard of care. We were the first surgeons to be certified to perform this robotically assisted orthopedic surgery in this area, and we have performed the most surgeries of this type in this area by far."

—ERIC SPENCER, MD,  
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