

FROM THE OFFICE OF


Dr. Peter J. Curcione
www.bone-fix.com


InMotion

RELIEVING PAIN. RESTORING MOBILITY. RETURNING YOU TO YOUR ACTIVE LIFESTYLE.




FROM DR. CURCIONE

WISHING YOU A HAPPY NEW YEAR!

Happy New Year and welcome to the first issue of "In Motion," our quarterly newsletter providing patients with updates to our practice and the latest advances in orthopaedic care with a focus on surgical care of the hip, knee, shoulder and hand. As our practice continues to evolve with new technologies, treatments and services, we will keep you informed. Please visit my blog, Facebook and Twitter pages for weekly updates. [For more information, visit my Web site at \[www.bone-fix.com\]\(http://www.bone-fix.com\).](#)

THE "HIPPEST" NEW TREATMENT IN TOWN:

UNDERSTANDING HIP PAIN AND THE LATEST ADVANCES IN TREATMENT



Dr. Peter Curcione is among the first orthopaedic surgeons in Southwest Florida to offer the anterior approach to hip replacement, an innovative, less invasive alternative to traditional surgery allowing patients to return to their normal, active lifestyles more quickly. Very simply stated, patients suffering from hip pain want relief so they can return to enjoying life. Whether it's getting back to playing golf, enjoying yoga or just taking a walk, regaining mobility is the goal.

Some of the more common causes of hip pain include arthritis, bursitis, muscle strains, and hip fractures. Because treatment must be directed at the cause, you should seek the

opinion of a board certified orthopaedist if you have discomfort when walking, injury causing deformity around the joint, persistent hip pain at night or rest, swelling or inability to bend the hip or signs of infections including fever, redness or warmth.

"When symptoms can no longer be controlled through non-operative treatments, hip replacement surgery may be the best option," said Curcione. "The anterior approach to hip replacement offers a less invasive, less

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STAFF FOCUS

Laurie Groeneveld, Practice Administrator

As the administrator for Dr. Curcione, Laurie is responsible for managing the practice operations, supervising the staff and coordinating patient services. With a background in nursing and 12 years of service to the practice, Laurie is focused on providing the best patient care experience possible.

"The highlight of my day is when a patient stops in to say hello and to tell us how well they are doing," says Laurie. "We develop lasting relationships and

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PATIENT TESTIMONIAL: **DORIS SANDERS**

New less invasive approach to hip replacement helps Lehigh woman return to enjoying life

After months of living in pain, Doris Sanders was diagnosed with osteoarthritis of the left hip. Her son and daughter-in-law, both former patients, referred her to Dr. Peter Curcione. At 84, Doris had never been ill or hospitalized, so the idea of hip surgery left her feeling a bit anxious and concerned.

“While I wasn’t keen on surgery, I knew it was my best option,” said Doris. “The pain was getting worse. I was no longer able to enjoy my gardening and even getting up out of bed became difficult. I was losing my quality of life.”

After meeting with Doris and reviewing her test results and complete medical history, Dr. Curcione recommended she undergo the anterior approach to hip replacement, a minimally invasive approach to traditional hip replacement surgery.

“I was walking with assistance immediately after my surgery,” said Doris. “I left the hospital just four days after surgery and was no longer in pain. By my 85th birthday just weeks later, I was walking solo again and back to enjoying my life. Curcione and the anterior approach gave me my life back.”



“By my 85th birthday just weeks later, I was walking solo again and back to enjoying my life. Curcione and the anterior approach gave me my life back.”
– Doris Sanders

AUTOMATING PATIENT INFORMATION TO IMPROVE PATIENT CARE

At the forefront of a trend in medicine, the Athletic Orthopaedic Reconstruction Center practice has installed a new electronic medical records (EMR) system that already has increased efficiency and improved patient care.

“Electronic medical records provide immediate access to patient information,” said Dr. Peter Curcione. “For example, a patient comes in with recurring hip pain. Using the EMR, I can immediately access his patient record to review his previous diagnosis, prior test results and document any new complaints. Very quickly, I have accurate, up-to-date information to help me make the best decisions for my patient.”

The practice also added touch screen patient kiosks in exam rooms allowing patients to more quickly and accurately enter in their medical complaint, their medical and surgical history, medications, family history, allergies and other medical background. In addition, new digital images have replaced large bulky X-rays. Images now are stored on the computer and can be accessed in patient exam rooms and physician work stations.

THE HIPPEST NEW TREATMENT CONTINUED FROM PAGE 1



painful option. We call it the ‘muscle-friendly’ approach because we do not surgically detach the muscles or tendons. Patients usually get moving and back to their normal routines much faster compared to traditional hip replacement surgery.”

The anterior approach to hip replacement is one of the most important surgical advances of the century providing relief from chronic pain and helping patients get back to enjoying life again.



ON THE MOVE

The Fort Myers office of the Athletic Orthopaedic Reconstruction Center has moved from its prior location, 2745 Swamp Cabbage Court, Suite 305 to a new state-of-the-art facility at 3210 Cleveland Avenue in Fort Myers. For your convenience, the new office features on-site MRI services and a new fully equipped rehabilitation and fitness center. In addition, the practice has installed electronic medical records and digital X-rays to improve efficiencies for patients, physicians and staff. The phone number remains the same: 239-936-6778.

NEW FITNESS AND REHABILITATION CENTER

With the goal of providing comprehensive orthopaedic care under one roof, we recently opened a new 3,200-square-foot, state-of-the-art fitness and rehabilitation center at our Lehigh Office. For your convenience and care, we offer on-site rehabilitation under the supervision of a licensed and experienced physical therapist who will design a personalized exercise program to support your disease management, injury rehabilitation or post-surgical recovery. Our gym is equipped with the very latest equipment including treadmills, weights, a variety of exercise machines and electrical muscle stimulation. To tour the facility or for more information, call 239-368-8277.

FEATURED CONDITION: OSTEOARTHRITIS



OFTEN REFERRED TO AS “WEAR AND TEAR” ARTHRITIS, OSTEOARTHRITIS IS THE MOST COMMON FORM OF ARTHRITIS.

When osteoarthritis begins to affect one of your joints, the cartilage that normally cushions and protects the bones of the joint breaks down, causing the bones of your joint to rub directly against each other. Your body reacts to this by creating bone spurs and the joint capsule itself may thicken and weaken. Inflammation eventually sets in.

Although osteoarthritis can affect anyone at any age, it has been linked to the aging process. More than 50 percent of everyone over 65 has osteoarthritis symptoms in one or both knees. By age 75, most people suffer with osteoarthritis in one or more joints. In fact, osteoarthritis of the knees and hips continues to be the most common cause of arthritis-related disability for Americans.

Most people with osteoarthritis experience pain, joint stiffness, signs of swelling or tenderness and may even hear a crunching sound in their joints. For some, this pain can become debilitating.

Diagnosis is made following a thorough review of the patient's medical history, examination of joints and one or more diagnostic tests including X-rays, a CT scan or MRI to give the physician a view of the joint's alignment and condition.

TREATMENT OPTIONS

Dr. Curcione provides surgical and non-surgical options for the treatment of osteoarthritis which may include anti-inflammatory medications, cold packs, or a local injection of cortisone to reduce inflammation. In some cases, physical therapy, weight loss or other techniques may be advised.

When symptoms can no longer be controlled through non-operative treatments, surgery may be advised. Dr. Curcione's specialty includes joint replacement surgery. He is trained in minimal incision joint replacement surgery, including the anterior approach to hip replacement. He also has specific interest in the treatment of disorders of the shoulder and knee, including advanced arthroscopic surgery of the shoulder and knee, custom and partial knee replacement. Dr. Curcione offers the most cutting-edge technologies and procedures, so that, he can optimally serve his patients and help them return to their active lifestyles.

KEEP IN MIND

Each patient's course of treatment and recovery is different. In general, the success of surgery depends in large measure on how well patients follow the instructions of the surgeon and therapist during the first few weeks after surgery. Helping patients return to normal activity and maximum independence are the desired goals.

STAFF FOCUS CONTINUED FROM PAGE 1

friendships with our patient families and that's what motivates us every day.”

Outside the office, Laurie has a passion for photography, sports, fishing. Most of all, she enjoys spending time with her family. If you haven't met Laurie yet, be sure to stop in to say hello!

3400 Lee Boulevard, Suite 105
Lehigh Acres, FL 33971

Welcome to the premier issue of **InMotion**

FREE EDUCATIONAL SEMINARS

ANTERIOR APPROACH TO HIP REPLACEMENT

DATE AND TIME

LOCATION

Thurs., January 21, 5:30–6:30 p.m.
Thurs., February 18, 5:30–6:30 p.m.
Wed., March 17, 5:30–6:30 p.m.

Gulf Coast Medical Center, 13681 Doctor's Way Fort Myers, FL 33912
Gulf Coast Medical Center, 13681 Doctor's Way Fort Myers, FL 33912
Athletic Orthopaedic Reconstruction Center
3400 Lehigh Boulevard, Suite 105, Lehigh Acres, FL 33971

To attend, please call 239-368-8277, ext. 2302. Refreshments will be served. Space is limited.

For future seminar dates, times and locations, visit www.bone-fix.com or call 239-368-8277, ext. 2302.



Dr. Curcione is a board certified orthopaedic surgeon and an osteopathic physician. His training and specialties include:

- Minimally Invasive Anterior Approach to Hip Replacement
- Custom Fit Knee Replacement
- Partial Knee Replacement
- Hip Resurfacing
- Advanced Arthroscopic Surgery of the Knee and Shoulder
- Hand Surgery
- Sports Medicine
- General Orthopaedics



LOCATIONS

LEHIGH ACRES:
3400 Lee Boulevard
Suite 105
Lehigh Acres, FL 33971
239-368-8277

FORT MYERS:
3210 Cleveland Avenue
Fort Myers, FL 33901
239-936-6778

Visit Dr. Curcione's blog at www.topbonedoc.com and follow him online on Facebook and <http://twitter.com/topbonedoc>.

