

# June 2014 Newsletter

**Guilford Orthopaedic and Sports Medicine Center**  
A Division of Southeastern Orthopaedic Specialists, P.A.  
*"We work to keep you playing"*

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As we spring into Summer, Guilford Orthopaedic and Sports Medicine Center would like to wish everyone a safe and cool summer! Our office will be closed Saturday June 28, 2014 and will re-open on Monday June 30, 2014 at 8:00 am.

## Dr. Graves discusses Guilford Orthopaedic and Sports Medicine Center and the Minimally Invasive Revolution.



I am finishing my 17th year with Guilford Orthopaedics. During this time my partners and I have been involved in an ongoing transition to minimally invasive surgery when appropriate. This process was fueled by arthroscopy (ability to see and work within a joint with a small camera projecting a picture on a TV screen allowing better visualization than one could achieve with a large incision) and also by techniques that take advantage of real-time x-ray in the operating room. There has been a constant back and forth about which techniques are best performed in a minimally invasive way and which techniques are still better performed in a more traditional large incision fashion. "Less is not always more." The surgeons at Guilford Orthopaedic and Sports Medicine Center are constantly learning and discussing new and less invasive techniques. We constantly discuss the validity of minimally invasive techniques and the inherent risk they pose when not performed correctly or when inadequate training has occurred prior to implementation. We have avoided many poor results by awaiting data on techniques that seem to be gaining acceptance but would ultimately fail to provide better or safer outcomes. It has been an exciting and rewarding time in the field of orthopaedics.

I performed the first percutaneous plate surgery of the tibia (bone that connects the knee to the ankle) in Greensboro shortly after I arrived. This was a new technique which allowed me to treat fractures extremely close to the ankle joint in a minimally invasive way. Through a tiny incision at the ankle, I was able to tunnel a fixation device along the side of the tibia and under x-ray guidance was able to gain favor in both the tibia and femur (bone that connects the hip to the knee) allowing us to expand the number of minimally invasive ways to treat fractures above and below the knee joint which cannot be treated with fixation devices in the center, hollow portion of those bones, which is the preferred technique as that surgery can be done through very small incisions as well.

Less pain and shorter recovery times have helped our patients achieve earlier return to their favorite activities. Hip fractures which were once done through a 5-6 inch incisions on the side of the leg are now routinely done through a 1 inch incision just above the hip. Outcomes here have been similar to the larger operation. Patients seem to have less pain and again are able to recover more quickly. Some of this transition to less invasive techniques has been technology driven but most of it has been physician led as we continue to seek ways to perform surgeries which cause less pain and provide shorter recovery times for our patients. You continue to benefit from our constant search to do surgeries in a less invasive way.

In the knee we have moved to using multiple small incisions to perform ACL reconstruction, meniscal debridement or repair, evaluation and fixation of defects on the ends of the bone. We are able to perform almost every surgery through a minimally invasive approach where visualization is similar or superior to larger incision techniques. In the shoulder, removing the bone spurs off the bones above the rotator cuff, repair of the labrum (stabilizing structure of the shoulder) and rotator cuff repair are now routinely done through small incisions. While there continues to be some debate about the superiority of these techniques in certain situations, what is absolutely clear is that the technology exists to perform these in a reproducible and safe manner.

The surgeons at Guilford Orthopaedics continue to investigate and evaluate new and less invasive ways to perform surgery. We are committed to our patients and continue to work aggressively on their behalf to make sure that we are evaluating all new techniques. We are adamant about reviewing and discussing the safety and reproducibility of these techniques making sure that we are comfortable that they can be performed accurately and effectively. We are constantly training in cadaver labs, virtual reality simulations, and visiting surgeons performing these new techniques to make available the best techniques for your problems. Feel free to discuss any of these options and techniques with me or my partners at Guilford Orthopaedics as we continue to advance our expertise in the minimally invasive revolution.

**Guilford Orthopaedics strives to ensure the best experience and availability to ALL our patients!**



We are open Monday- Friday 8 am-5:30 pm & Saturdays from 9 am until 1 pm.  
Be sure to call 336-275-3325 to schedule your appointment.

If after hours please visit our Urgent Care located at 1130 N. Church Street Greensboro, NC 27401 or call 336-235-BONE(2663) they are open M-F 5:30 pm until 9 pm and Sat./Sun. 10 am until 2 pm.