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## Hot Topics

### Package Pricing Program

In conjunction with OrthoIndy Hospital, I have developed a package pricing program for primary hip and knee replacement, as well as partial knee replacement. This program offers a unique option of payment for international patients, for those patients without insurance and for those who choose to seek care outside of traditional insurance programs. We offer a single price that covers preoperative testing, hospital care and postoperative follow-up care. Physician fees, implant costs, medicines and even necessary durable medical equipment are covered in this one price. Because we are a single specialty hospital, we can offer world class orthopedic services at very competitive rates. For more information, please contact my office directly at **317.884.5160**.

### Advanced Surgical Pain Management

We are always looking for ways to improve the postoperative experience and improve patient outcomes. The anesthesiologists and I utilize a "multimodal" pain management protocol for all knee and hip replacement patients. This protocol begins with preoperative medications used to treat different pain pathways to help stop pain before it begins and utilizes regional nerve blocks specifically designed for a hip or knee replacement. A special pain mixture is injected into your joint upon completion of the surgery. Medicines to limit postoperative nausea, vomiting and constipation are used after surgery. This protocol helps patients feel better and have less pain sooner after surgery.

### Minimally Invasive Hip and Knee Replacement

Patients are interested in "minimally invasive" joint replacement surgery including different surgical approaches to the hip. Many claims are made without sound clinical evidence to support those claims. Dr. Kolisek has continued to reduce his incision length and minimize soft tissue trauma, making these operations less invasive to the body. He currently utilizes a medial parapatellar approach for knees. He has performed many hip surgical techniques including the traditional posterior approach, the two-incision approach, the direct anterior approach and most recently the direct superior approach. The goal is to hasten short-term recovery, while maintaining long term clinical success.

### Computer and Robotic Assisted Orthopedic Surgical Navigation

Traditionally, orthopedic surgeons have used guides and jigs to help them position the knee and hip implants in the appropriate position in the patient during joint replacement surgery. Furthermore, early failure of a total joint replacement and poor function can be the result of an improperly positioned knee and hip implant. The development of computer navigation and robotic assisted surgery may help more accurately position the implant in the patient which could lead to better long-term function. Studies are currently being done to validate this assumption. Dr Kolisek has used surgical navigation since 2004 and is currently on the clinical development panel of a major orthopedic company for robotic surgery.

## **Rapid Rehabilitation**

All of my patients get out of bed the day of surgery in order to get them moving and decrease post-operative complications. For knees, we work on range of motion first and then advance to strengthening exercises once functional motion is achieved and the pain and swelling is less, usually around six weeks. For hips, we work on the activities of daily living, allowing the bone to grow to the implant for the first few weeks and the soft tissues to heal. A strengthening program is then added at six weeks. Many patients are already active prior to starting the strengthening exercises at four to six weeks including walking, golfing and low impact exercise. Strengthening exercises are important to continue for two years after surgery.