

Check with an OAD surgeon about MIS and regaining a life of mobility, improved physical function and well-being.

ORTHOPAEDIC SURGERY

**Joint Replacement/
Reconstruction**

**Arthroscopic Surgery
Sports Medicine**

Aaron A. Bare, M.D.
David K. Chang, M.D.
Lenard W. LaBelle, M.D.
David M. Mochel, M.D.
Jeffrey A. Senall, M.D.
William R. Sterba, M.D.
David H. Watt, M.D.
Gregory P. Witkowski, M.D.



RECONSTRUCTIVE SPINAL SURGERY

Microdiscectomy

Laparoscopic Lumbar Fusion

John L. Andreshak, M.D.
Stephen E. Heim, M.D.
Jerome L. Kolavo, M.D.

HAND & UPPER EXTREMITY

Microsurgery

Small Joint Arthroscopy

Endoscopy

Anup A. Bendre, M.D.
Thomas W. Kiesler, M.D.
Mary Ling, M.D.
Richard L. Makowiec, M.D.
Richard K. Thomas, M.D.

FOOT & ANKLE SURGERY

Arthroscopy

Jeffrey A. Senall, M.D.
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PODIATRY

Rachel A. Cisko, D.P.M.

NONSURGICAL SPORTS & ORTHOPAEDIC MEDICINE

Matthew D. Gimre, M.D.

PHYSICAL MEDICINE & REHABILITATION/PHYSIATRY

Beth B. Froese, M.D.
Vinita Mathew, M.D.
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Minimally Invasive Surgery (MIS)

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MINIMALLY INVASIVE SURGERY (MIS): AN ADVANCEMENT IN SURGERY

WHAT IS MIS?

MIS is an acronym for “Minimally Invasive Surgery.” In orthopaedics, it is a less invasive surgical procedure performed by skilled surgeons who are expertly trained in using advanced techniques and specifically designed instrumentation to:

- Replace a total or partial joint after failure of conservative treatment
- Optimally restore joint function and alignment with minimal tissue damage
- Preserve natural, healthy bone and tissue

You may be a candidate for a minimally invasive procedure if you suffer from:

- Osteoarthritis or rheumatoid arthritis
- Degenerative joint disease
- Avascular necrosis (deterioration of the top of the thigh bone due to inadequate blood supply)
- Certain fractures of the wrist/hand or ankle/foot

An orthopaedic physician who specializes in minimally invasive and/or arthroscopic techniques should be consulted to discuss an appropriate procedure based on a candidate’s arthritic condition(s), medical/surgical history and physical attributes.



WHY IS MIS BETTER THAN TRADITIONAL SURGICAL PROCEDURES?

- Less postoperative pain
- Significantly smaller, more cosmetically appealing skin incisions
- Faster healing time
- Less blood loss
- Fewer narcotics during procedure
- Shorter hospital stay and recovery period
- Reduced muscle and tissue damage
- Easier postoperative ambulation and rehabilitation
- Quicker return to activities of daily living

MIS PROCEDURES AVAILABLE AT OAD ORTHOPAEDICS

- Minimally invasive total hip and total knee replacement
- Microlumbar discectomy
- Microcervical discectomy and fusion
- Laparoscopic anterior lumbar spinal fusion with Bone Morphogenetic Protein (rh-BMP), a superior genetically engineered bone graft substitute
- Endoscopic and limited open carpal tunnel release
- Percutaneous screw fixation of the scaphoid (small wrist bone)

WE ALSO PROVIDE EXPERTISE IN THE FOLLOWING ARTHROSCOPIC PROCEDURES:

- Arthroscopic knee repair and reconstruction
- Arthroscopy for shoulder instability, dislocation, reconstruction and rotator cuff repair
- Small joint arthroscopy
- Wrist and elbow arthroscopy
- Arthroscopic ankle surgery