



Vikki Maddox

Freeland

After years of suffering from osteoarthritis, the 50-year-old Maddox remembers how her left knee “just kind of slipped” one day in the pool in January 2010. “That’s when I realized that if I couldn’t swim, I had to do something about my knee,” she recalls.



Craig McAllister, MD

“Vikki was quite young for a total knee replacement, but there just weren’t any options left for her painful, mal-aligned, stiff knee,” explains her surgeon, Dr. Craig McAllister of the Evergreen Orthopedic Center.

But Maddox did have an option regarding the type of knee replacement surgery she’d be having. By choosing Dr. McAllister, she also chose a revolutionary approach – state of the art, minimally invasive surgery using computer navigation techniques for an accurately aligned knee implant with smaller incisions, less blood loss, less pain and a faster recovery.

EVERGREEN LEADS THE WAY

“We made the switch to minimally invasive surgery (MIS) with computer navigation in 2003,” notes Dr. McAllister – making Evergreen the first facility in the state, and among of the first in the country, to offer it. Since then, he’s performed more than 1,200 knee replacement surgeries with his pioneering procedures.

MIS techniques use miniaturized instruments and surgical strategies developed in the Evergreen Orthopedic Research Lab. Combine this with computer navigation – which utilizes light-emitting diodes

“I had to do something about my knee.”

When Vikki Maddox says swimming is a huge part of her life, she’s not kidding. It was swimming that finally convinced her it was time for a total knee replacement, and it was swimming that proved to her the replacement worked!

actually attached to the limb during surgery to provide real time, precise information on the entire procedure – and you get groundbreaking results.

Dr. McAllister calls it the perfect marriage of technology and technique. “Without computer navigation,” he says, “the best surgeons in the country get the knee within about five to seven degrees of ideal alignment about 70 percent of the time. But with computer navigation, we can get 98 percent of our knees within three degrees of perfect alignment.”

That improved alignment means the replacement knees will last longer, which opens up knee replacement to active baby boomers like Vikki Maddox who don’t want to wait, but don’t want to endure a second knee replacement in 10 to 15 years.

“THIS IS A LIFE-CHANGER.”

“Not a year goes by that we aren’t revising things due to our work in the Lab,” Dr. McAllister comments. “We’ve made refinements in the surgical instruments, and refinements in post-operative pain management. We’ve dropped our blood transfusion rate from 32 percent to just 2 percent.”

A grateful Vikki Maddox is living proof. She was only in the hospital overnight, was back at work in 17 days, and back in pool in just three months. And there’s hardly any scar. “I do things now and I think, ‘oh my gosh, my knee doesn’t hurt,’” she enthuses. “This is a life-changer for me.”

For more information on orthopedic surgery at Evergreen, visit www.evergreenhospital.org/ortho.