

Arthritis & Joint Insight

A publication by Dr. Robert L. Lock, II

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Passing It On-

To know is to teach

In 2010, Dr. Lock joined the faculty of Zimmer Institute bringing his knowledge and skill regarding computer navigation and the Anterior Supine Total Hip Replacement to surgeons around the country. Dr. Lock has traveled to Miami, Orlando, San Francisco, Tucson, Las Vegas and Colorado Springs lecturing and providing hands on training. Classes such as these allow surgeons to continue their training and skill development years after their last residency rotation.

Typically held over a two day period, the courses provides the training surgeons time both in the classroom and in simulated operating rooms with cadaveric specimens. The classes are limited in size to provide ample time for one on one questions and assistance in the simulated operating environment.

Pictured (right) is the M.A.R.C. lab in Miami, Florida where Dr. Lock presented a lecture regarding computer assisted joint replacement surgery. The Zimmer Computer Assisted Solutions are designed to provide surgeons with real-time, intra-operative data. This data provides enhanced visibility in minimally invasive procedures, such as the non-muscle cutting hip and knee replacement that Dr. Lock performs, and aids the surgeon in more consistent and precise, bone cuts. The computer precision improves implant

placement and alignment when compared to traditional surgery. Computer Assisted applications allow surgeon specific customization to maintain their current surgical workflow while using both existing instrumentation and the option to utilize computer specific instrumentation.

Dr. Lock, as a faculty member, also participates in the Zimmer Institute Surgeon-To-Surgeon program. The program focuses on advanced learning in the operating room environment with the participant attending a day or more of observation in an expert faculty member's operating room. Emphasis is placed on the development of strategies and the refinement of procedural understanding to the expert level. Dr. Lock has hosted

two orthopedic surgeons to date including, Dr. Heiser of Scripps Medical Center in San Diego, and Dr. Park of Korea. Both of these surgeons were observers in local operating rooms learning more about computer navigated surgery as well as non-muscle cutting joint replacement. The surgeon-to-surgeon training program brings the classroom to life and allows the surgeon time to ask questions and visualize each step of the procedures. Another advantage of hosting a surgeon in the operating room is exchanging ideas with other members of the operating room staff to help improve work flow, quality and team building.

"I have a special interest in teaching, both to orthopedic surgeons and other members of the healthcare team. I am passionate about orthopedics and joint replacement and am finding that sharing this information has deeply enriched my career experiences." ~Dr. Lock



A Message from Dr. Lock

Welcome to another edition of *Arthritis & Joint Insight*. In this issue we highlight my involvement in teaching the new techniques of minimally invasive hip replacement and the use of computer navigation in surgery to increase joint replacement precision. We are currently arranging to host 2 surgeons from Bogota, Columbia, Drs. Arbelaez & Prieto, for the surgeon to surgeon program in late November. This involvement has brought regional attention to the Tri State area and highlights the commitment to technologically advanced healthcare that our local hospitals and surgical teams have embraced. My sincere thanks to both Western Arizona Regional Medical Center and Valley View Medical Center for procuring the special operating table that makes this surgery possible as well as offering computer navigation for both the hip and knee replacements to patients here in Mohave County and the surrounding areas.

Special thanks to Murl Shaver and his wife Gail, who shared his story of recovery after total knee replacement.

As a long time resident and a former mayor of Needles, California, he shared wonderful stories about the history of the area with my wife during the interview that she truly enjoyed. Additional thanks to Kevin Wong for giving us permission to use his photo in the story. For those interested in Route 66 and the Mojave desert, Kevin



has published a book of photographs and interviews. To learn more visit www.mojavedesertexcursions.com.

I hope that you enjoy the latest edition of *Arthritis & Joint Insight*. Have a safe and enjoyable remainder of 2011.

Disclaimer: *Arthritis & Joint Insight* is intended to provide readers with accurate and timely medical news and information. It is not intended to give personal medical advice. As with all information please consult your physician. Acting on any information provided without first consulting your physician is solely at the reader's risk.

Inquiries: Please send correspondence to our Bullhead City office location or call 928-758-1175 to speak with a representative from Tri-State Orthopedics. Patients interested in appearing in "Tell your Story" should email drrobertlock@yahoo.com or call 928-234-5773 for more details.

In Memory of Dona Osborn



1953-2011

On Sunday, September 18th, 2011, Dona Osborn passed away peacefully after incurring fatal injuries from a motorcycle accident in Oatman the day prior. Dona was a resident of Golden Valley, Arizona and had been working at Western Arizona Regional Medical Center as a Registered Nurse for 16 years. Over that time, I had the privilege and honor to work alongside her. She was an amazing nurse leader and for many years was the Director of the Medical-Surgical and Orthopedic units. She enjoyed taking care of post operative patients and was actively involved in helping to create policies and procedures to ensure safety and quality of care. She enjoyed teaching nurses and at no point in her long career was helping a patient a bother. In fact, if she had her way, she would have preferred to have remained at the bedside with patients her entire career. Dona had a wonderful sense of humor, a kind and giving heart. Every morning she would call over the over head paging system and say, "Good Morning patients, I am Dona the manager. If you need any assistance please do not hesitate to call." As a physician I always knew that my patients would be well taken care of because Dona would have it no other way. She strived for quality of care. She treated her staff, patients and co-workers with respect and kindness.

My deepest sympathy goes out to her family. She touched many lives and I am honored to have known her for so many years. Dona was a very special person and an exceptional nurse- She will be dearly missed.

STUDY: BLUE-COLLAR WORKERS WITH ARTHRITIS WORKING PAST 65

According to a recent study published in the *American Journal of Public Health*, by the department of epidemiology and public health at the University of Miami Miller School of Medicine, blue collar workers are more likely to remain on the job after 65 than their white collar counterparts. According to the findings, 16% of blue-collar workers remain in the workforce after age 65, compared to 14% of white-collar workers. In a university news release the studies author, Dr. Caban-Martinez stated, "We found that blue-collar workers with arthritis are in much worse health than are all others workers, suggesting that they are struggling to stay in the workforce despite their health condition." The researchers also found that lower-income workers are at a greater risk for developing chronic and painful conditions, particularly arthritis, later in life. The study suggested that their quality of life and work productivity

could suffer due to arthritis. The study compared information on 17,967 workers with and without arthritis. The study revealed that service workers and farm workers are the blue-collar employees most likely to be among the 49 million adults in the US with arthritis. Although 21 million adults with arthritis suffer from some disability due to arthritis, the researchers believe that farming and service jobs are unlikely to come with retirement and pension plans which may be one reason why researchers found that 58% of service workers and 67% of farm workers remain on the job despite struggling with debilitating symptoms of arthritis. The study also pointed out that the increasing age of the US workforce, along with a bad economy, has presented challenges in the workforce. The study estimated that by the year 2030 approximately 67 million adults will suffer from arthritis.



Shall we

Dance?



Waltz, Tango or Trot your way to better health~

When one thinks of ballroom dancing, images of Fred Astaire and Ginger Rogers immediately come to mind. Their graceful steps have been seen by millions on the big screen and television for decades. Although these iconic stars may be somewhat responsible for the modern day fascination with ballroom dancing, the first actual accounts of partner ballroom dancing were recorded at the end of the 16th century. During that time, ballroom dancing was reserved for royalty and the affluent. Today, ballroom dancing breaks the boundaries of social class and is enjoyed by many different cultures throughout the world.

Ballroom dancing, which was romanticized on-screen in the 1930's to 1950's, has become popular once again thanks to popular television shows such as, *Dancing with the Stars*. Each week millions of viewers are captivated by romantic waltzes, feisty fox-trots and glamorous costumes. The show has also produced remarkable body transformations with star contestants dropping pounds and shedding inches every season.

For those individuals who suffer from arthritis, ballroom dancing is a great option for exercise and social interaction. Ballroom dancing requires the participant to work on posture, balance, memory, relaxation and form all at the same time.

Exercise has long been recommended for individuals who suffer from arthritis. Regular, low-impact exercise helps to keep joints and muscles flexible and limber. Exercise is also a major component to weight loss and maintenance. On average, slow ballroom dancing, such as the popular waltz, can burn up to 200 calories an hour. Faster dances, such as the fox trot and salsa dancing, can potentially burn 300 calories or more an hour.

Another important aspect of ballroom dancing is socialization. Experts and research have shown that individuals who participate in social activities have less frequent pain than those who do not. The relaxing, fun music and beautifully choreographed dance steps are a wonderful way to get your mind off your arthritis pains.

Ballroom dancing is also known as a great confidence builder. It allows the participant to focus on creativity and

become more aware of their body as they learn graceful dance steps and share their knowledge with others learning to dance.

Research published in 2003, in the *New England Journal of Medicine* by Verghese (et al), found that senior citizens who participated in dancing as a leisure activity had sharper minds and fewer symptoms of dementia than those who did not. The study evaluated the benefits of reading, cross-word puzzles, swimming, golfing, cycling and dancing over a 5 year period as part of their study. Although reading and cross word puzzles showed promise, dancing proved to be the most effective with 75% of the study participants who danced showing increased mental acuity.

Ballroom dancing requires a partner, which may be a deterrent to some who are widowed or live alone. Dance Studios around the country recommend that you call or stop by before hanging up your dancing shoes as many studios are packed with individuals who are looking for a partner as well. The beauty of needing a partner for dancing is that this may serve as the motivation you need to stay on your feet and remain socially active. Experts agree that individuals are more likely to exercise when they are in a group setting or have an exercise partner to help with motivation.

Professional and amateur ballroom dancing competitions happen across America and all over the world. These competitions are exciting opportunities to meet others who have a passion for the ballroom as well as to show off your skills.

Learning to dance requires concentration and dedication, however, there is also enjoyment to be had while being surrounded by individuals who are smiling and enjoying an art form that evokes memories of romance, glamour and the beauty of a by-gone era.

To learn more about ballroom dancing in the Tri-State area or to sign up for classes contact:

The Riverside Casino, Laughlin, NV
Sharon & Tom Craddock
702-298-2535 ext 5708
or

Mohave Community College Leisure Studies
www.mohave.edu or 928-758-3296

Poor Shoe Choices Bad for Gout Sufferers~



New research shows that use of poor footwear is common amongst patients with gout. According to the study published in a recent *Arthritis Care & Research* journal, gout patients who make poor footwear choices experienced higher foot-related pain, impairment and disability. Gout patients also reported that comfort, fit, support and cost were the most important factors for selecting footwear.

Gout is a type of inflammatory arthritis caused by the crystallization of uric acid within the joints and other tissues. Those with gout experience severe pain and swelling, with the majority of cases affecting the feet.

A research team led by Professor Keith Rome from AUT University in Auckland, New Zealand, recruited 50 patients with a history of gout from local rheumatology clinics. Researchers assessed clinical disease characteristics, overall function, foot impairment and disability. The type of footwear worn by patients and factors associated with patient choice of footwear were also evaluated. To determine the suitability of footwear, the team used criteria gauging the adequacy of the footwear from a previous rheumatoid arthritis foot pain study.

Roughly 56% of patients made good footwear choices by wearing walking shoes, athletic sneakers, or oxfords. Of the remaining patients, 42% wore footwear that are considered poor and included sandals, flip-flops, slippers, or moccasins; 2% wore boots which are considered average; and none wore high-heeled shoes.

Characteristics of poor footwear included improper cushioning, lack of support, as well as inadequate stability and motion control. Those gout patients who wore poor shoes or sandals reported higher foot-related impairment and disability. More than half of all participants wore shoes that were 12 months or older and showed excessive wear patterns.

Journal Reference:

Keith Rome, Mike Frecklington, Peter McNair, Peter Gow, Nicola Dalbeth. Footwear Characteristics and Factors Influencing Footwear Choice in Patients with Gout. *Arthritis Care and Research*, 2011

The Good old Days & the Days ahead

Former Needles Mayor, Murl Shaver shares his recovery after total knee replacement

The moment he saw her in math class he knew that he had to talk to her. Murl Shaver was just a young man at Pacific High School in San Bernardino, California but already he was smitten with Gail, who went from his high school sweetheart to wife shortly thereafter. The two have spent the last 56 years together, almost all of it in Needles, California, which is part of the famed Route 66.

Murl was no stranger to Needles. His father had managed the Safeway grocery store there for 5 years when he was younger. He and Gail returned to the area in 1956. In 1960, Murl, a former Marine Corp Reserve, joined the Needles Police Department as a reserve officer. In 1968 he became a full time police officer for the city of Needles. Murl became the first to complete police academy from the city and graduated in the top 10% of the FBI Academy, a national school for local and state law enforcement agencies.

Murl and Gail went on to have 3 children together. Gail worked in the local school system and they both enjoyed spending time with their young family. When he wasn't keeping the streets of Needles safe, Murl enjoyed hunting, hiking and driving through the much uninhabited desert of the surrounding area. "Needles was really a bustling small town back in the day. We had a busy depot, Route 66, diners, stores and night life. It was a nice place to live and raise a family."

Murl stayed with the Needles Police department until 1977 when he was offered a position with the Mohave County Sheriffs Office in Kingman. He and Gail relocated to Kingman and quickly made new friends. Murl recounts some of his more memorable times on the force and how much the area has changed. "There were quite a few people who lived in the desert. They had a long journey getting to the nearest grocery store. Laughlin was

a little bait shop for the fishermen. A lot has changed in the area since then."

In 1984, Murl and Gail relocated back to Needles and lucky for him his old position on the Needles police force was open. He finally hung up his badge in 1995. He didn't stay out of public service for long. In 1996 he was elected mayor of Needles. He served two consecutive terms (1996-1999) in the town where he had spent almost all of his adult life.



Not being one to stay still for long he started to do investigative work for local attorneys. During this time he began to develop hand pain. "I saw Dr. Lock for the first time for hand pain. I really liked his approach. You know this guy is a surgeon. It's how he makes his livelihood, yet, he was advising me not to rush into surgery but to try other options first. That really impressed me about him. I had a lot of confidence in Dr. Lock from that moment on."

Many years later he began to experience left knee pain. "I love to hike in the desert.

Typically up to 6 miles at a time. This became almost impossible once the knee pain started. It got to where it was really bothering me even when I was walking. It wasn't a constant pain, but when it started it was bad. I knew I was going to have to do something."

In 2008 he decided to make the trip up to Bullhead City to see Dr. Lock. "I was hoping he'd have another fix that didn't include surgery and he did. I got a cortisone shot in the knee and went about a year with no pain." He returned and received another shot of cortisone and the results lasted about 6 months.

"Gail and I had always wanted to go to Hawaii. We were going on a 2 week cruise and I really wanted to enjoy myself so I returned for another cortisone shot. It got me through the trip but I knew I was ready for surgery," explained Murl. "The procedure was explained really well, but when Edmund (Dr. Lock's physician assistant) said that the operation was a non-muscle cutting approach I said, "Now hold on. How can you get to the

knee without cutting the muscle?" I explained that I had been a butcher in my family's grocery store and I didn't think it was possible. I remember Edmund's face lighting up. He said, "Hang on a minute. Let me get the knee model. You are really going to understand this." He explained it so well. I understood how they were going to do the surgery and what to expect afterwards."

Murl recounts having a good surgical and post operative experience. "Every surgery is different. Every patient is different. My experience may not happen for everyone. There is pain involved and a lot of hard work but it's not severe pain. It was a lot less pain than I expected." Murl had a left knee replacement in April 2010, at Western Arizona Regional Medical Center. "They took good care of me. I had a nice experience there." His wife Gail agrees that her husband's time in the hospital was short and he was well taken care of.

"It was nice to have everything set up after the surgery. I had a walker and got right into therapy at Valley View's outpatient therapy center." On his first appointment for therapy he carried his walker in instead of using it. "The therapist transitioned me to a cane that day. I was fortunate to have a friend who was a retired Physical Therapist who came over the first day I got home to make sure that I was using my walker right, knew my exercises and had everything I needed. I think all the preparation before surgery and the commitment to therapy afterwards made a huge difference in my outcome."

Today Murl enjoys hiking and walking in the desert for a couple of hours at a time. He has picked up his gun once again but this time not to fight crime. Now he hunts quail and dove in the desert and leaves the crime fighting to the police force. "I enjoy an occasional run and hanging out with friends and family. I have no pain in my knee unless I kneel on it for a long period- which I try not to do. I think part of the reason I had such a good outcome is that I was in pretty good physical shape to start with and I had realistic expectations of what to expect after surgery. I knew I would have to work hard."

Reminiscing with Murl and Gail is like taking a walk down memory lane; life wasn't so rushed; couples and families enjoyed a nice Sunday

drive or sharing a root beer float. Despite the many changes to the area, Murl and Gail are still delighted to call Needles, California home. "Our youngest daughter lives in Florida, but our other daughter and our son, who retired from the Air Force, both call Needles home. We stay active and still have many friends here, some of whom we've known for many, many years. It's still a great place to call home."

Murl is thankful that he didn't have to give up his active life. "I'm grateful to have had such a good surgical experience and recovery. I'm not fond of being sick and sure don't want to need another surgery, but I think this was worth it. I would hate to be crippled where I couldn't get around. I still have a lot of life to live."

Pictured below: Murl Shaver in front of the Wagon Wheel on Historic Route 66. **Photo credit:** Kevin Wong, as featured in the book *The Mojave Experience: A photographic exploration of the People of Route 66*.



Get your Kicks back on Route 66



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BACK ON...**

**ROUTE
66**

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Our newest billboard pays homage to the famous mother road- Route 66! The board is located on the corner of Airway and Route 66 in Kingman, Arizona. Special thanks to Scooter Grubb, of Tucson and Scooter Shoots Photography, for loaning the image of him on his motorcycle cruising the open road.



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