

Press Release – August 14, 2007
Mark F. Schinsky, M.D., Joins Castle Orthopaedics in Aurora, IL

Total Joint Replacement specialist says recent innovations include advances in minimally-invasive surgery, the first "woman's knee" and a new method for hip "resurfacing."

(AURORA, IL August 14, 2007) Castle Orthopaedics & Sports Medicine, S.C., recently announced that Mark F. Schinsky, M.D., is joining its team of 11 board certified/eligible orthopaedic specialists, effective September 4, 2007. Castle Orthopaedics, with two locations in Aurora and one in Yorkville, offers state-of-the-art facilities with a full range of services to treat a wide range of conditions.

Dr. Schinsky's specialty is in the area of Total Joint Replacement. In brief, Total Joint Replacement is a surgical procedure in which an arthritic or damaged joint is replaced with an artificial joint, called a prosthesis. By the year 2030, the number of knee and hip replacements in the U.S. is projected to increase 673% and 174%, respectively, says Dr. Schinsky, for a variety of reasons: first, the baby boomer generation has accepted the excellent results associated with joint replacement and they are quickly reaching a point where they become candidates for this quality-of-life changing procedure; second, many members of this same generation have led such active lifestyles that their joints literally are wearing out and arthritis has set in; and third, problems with obesity are putting excessive pressure on joints, such as the hip and knee.

A concentration in the area of Adult Joint Reconstruction provides Schinsky with the expertise needed to revise, or replace, joints that have already been replaced once but later need revision because of component failure, infection, bone deterioration, or other complications. The number of revision knee replacements is expected to double by 2015 and 2026 for revision hip replacements.

Schinsky received his Doctor of Medicine Degree in 2001 from the College of Physicians & Surgeons at Columbia University in New York City. He then completed an orthopaedic surgical internship and residency at Barnes-Jewish Hospital at Washington University in St. Louis in 2006. Schinsky went on to complete the prestigious Adult Joint Reconstruction Fellowship through Rush University Medical Center in Chicago in 2007.

The field of Total Joint Replacement changes as rapidly as any other aspect of medicine. Patients are choosing to have hips, knees

and other joints replaced at increasingly younger ages to achieve the highest quality of life possible. "The newer thinking among many orthopaedic surgeons, including myself, is, 'Why experience any more pain and limited mobility than you need to, at any age?'" states Schinsky.

"Today, many more individuals decide on total joint replacement in their mid-40s or 50s, whereas people used to wait far later," says Schinsky. He points out, however, that surgery is *never* the first option to alleviate the chronic pain and limited mobility that are the hallmarks of arthritis: Injections of cortisone and other medications, as well as physical therapy and daily medications, are earlier lines of defense.

A boon to patients considering many kinds of orthopaedic procedures are the continually-improving techniques available for minimally invasive surgery, particularly around the hip and knee, areas of specialty for Dr. Schinsky, resulting in smaller incisions and less trauma to tissues and tendons. The bottom line is, patients tend to recover faster with less pain and an earlier return to function when these techniques are used.

Two other noteworthy new developments in Total Joint Replacement are the so-called "woman's knee" and the newest version of hip resurfacing. In late 2006, the first knee replacement shaped to fit a woman's anatomy was approved by the U.S. Food and Drug Administration. The new knee represents a huge boon for many women, says Schinsky, pointing out that earlier knee prostheses were primarily based on male anatomy. The newest method of hip resurfacing, approved a year ago in the U.S. after nearly a decade of successful use in Europe, is a viable alternative to more traditional hip replacement methods for many people, particularly younger, more active, patients. The primary advantage is that resurfacing is a bone conserving procedure, usually allowing for a more active lifestyle and preserving normal bone for potential future revision surgeries.

When choosing an orthopaedic surgeon for Total Joint Replacement, Schinsky recommends people make sure the surgeon they are considering is specialty trained and highly skilled in the latest methods and technology. Look for someone whose expertise has been honed with an additional year of fellowship training in the specialty of Adult Reconstruction/Total Joint Replacement.

Schinsky is available to see patients at all three Castle Orthopaedics locations: 2111 Ogden Ave., Aurora (630-978-3800);

Mercy Center, 1315 N. Highland Ave., Aurora (630-892-4286); and 507 W. Kendall, Yorkville (630-553-3000).

Castle Orthopaedics' services include; arthroscopic surgery, total joint replacement, spine, shoulder, elbow, hand and foot surgeries; general orthopaedics, physical therapy; and pain management. It specializes in treating arthritis and bursitis; back and neck pain, carpal tunnel syndrome; disc problems, fractures and dislocations; occupational injuries; pinched nerves; sports injuries; and torn ligaments. For more information, visit www.castleortho.com.