

# Body of Knowledge:



## THE PATIENT

Elizabeth Kopplin ("Liz"), Age 41  
Elmhurst, IL

## THE PHYSICIAN

Brett Levine, M.D.  
Midwest Orthopaedics at Rush

To hear more from the patients and their physicians, view their videos at:

[www.emhc.org/orthopedics](http://www.emhc.org/orthopedics).

For a complete listing of orthopedic surgeons practicing at Elmhurst Memorial Hospital, please call CareMatch at **(331) 221-CARE** or visit [www.emhc.org](http://www.emhc.org).

## THE CHALLENGE:

### Bilateral Hip Arthritis

Hip problems, which plagued Liz Kopplin since birth, limited her mobility and quality of life — despite injections, activity modifications and therapy.

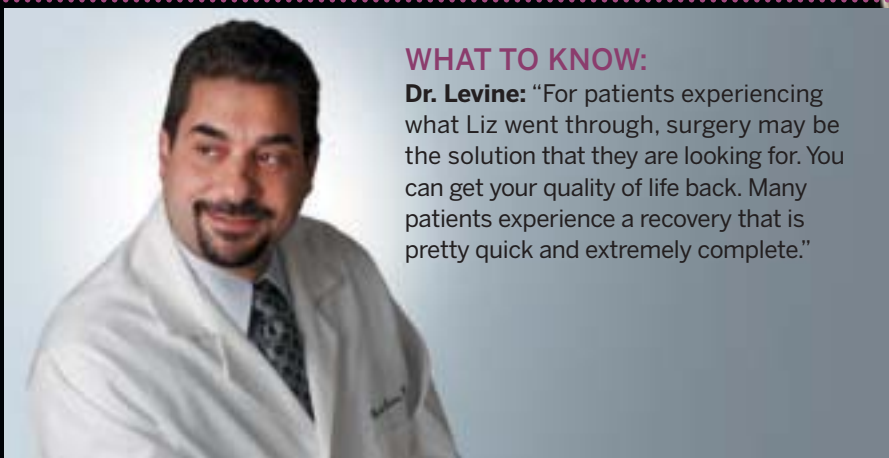
**Liz:** "It all started when I was a child. My doctor told me, 'Your hips are like tires. We're trying to get as much mileage as possible, but they will need to be replaced.' Because of my pain and limited motion, I never participated in gym class and never played sports. This was especially tough because I grew up in a household of athletes, which meant that I lived life on the sidelines."

## THE SOLUTION:

### Hip Replacement Surgery

**Dr. Levine:** "Thanks to Liz's hip replacement surgery, she has done extraordinarily well and has been able to get back to everything she's wanted to do more quickly. She can tie shoes, put on socks and perform activities that most take for granted. Being able to do these things again is like a new lease on life."

**Liz:** "I didn't realize how much pain I was living with on a daily basis until the pain was finally gone. It has truly changed my life. I don't have to be on the sidelines anymore. I've always dreamed of being a runner — perhaps now I can finally pursue that dream. Surgery for me has been a complete game-changer."



## WHAT TO KNOW:

**Dr. Levine:** "For patients experiencing what Liz went through, surgery may be the solution that they are looking for. You can get your quality of life back. Many patients experience a recovery that is pretty quick and extremely complete."

# Expert Orthopedic Care at Elmhurst Memorial Healthcare

When it comes to orthopedic surgery, the more you know, the more empowered you are to lead an active life without canes, pills or injections. At Elmhurst Memorial Hospital, our orthopedic surgeons provide a wealth of expertise that helps their patients rebuild their lives from the ground up. For these patients, surgery has been the biggest life lesson in living pain free. These are their stories — lessons of hope, discovery and transformation.

## THE PATIENT

Darlene Biniak, Age 76  
Braceville, IL

## THE PHYSICIAN

Kris Alden, M.D.  
Hinsdale Orthopaedics



## THE CHALLENGE:

### Knee Arthritis

Arthritis in Darlene Biniak's knee not only limited her mobility and forced her to use a walker, but also started triggering pain in other parts of her body.

**Darlene:** "I lived with knee pain for 12 years. During that time, the pain started to expand to other parts of my body. When I'd go to sleep at night, my hip and back hurt. I realized that my body was compensating for my knee, and I was suffering all over. My husband urged me to have my knee fixed, but he was also having health issues, so he came first. Once he was okay, it was my turn."

## THE SOLUTION:

### Knee Replacement Surgery

**Dr. Alden:** "Surgery was life-changing for Darlene. Her pain is now gone. Her range of motion is back to the point where she can ride a bike and do all the activities that she loves to do. It's important to remember that the goal of knee replacement surgery is to only do it once. We're hopeful that patients can get at least two decades out of it, maybe even longer."

**Darlene:** "When I woke up from surgery, I was flabbergasted. I was moving my knee, bending it and picking it up without any problems. Even my nurse said, 'I don't believe it!' Soon I was walking without a walker, and went for therapy for just four days. Within a week, I was walking on my own."

## WHAT TO KNOW:

**Dr. Alden:** "People are always very worried about pain after surgery. We have excellent options to control post-operative pain. Modern, minimally invasive techniques, coupled with modern anesthetics, can make surgery much less painful than it was 10–15 years ago."



### THE PATIENT

Rudolph Diblik ("Rudy"), Age 70  
Winfield, IL

### THE PHYSICIAN

Ryon Hennessy, M.D.  
Orthopedic Specialists

### THE CHALLENGE: Osteoarthritis

Severe knee pain impaired Rudy Diblik's ability to walk, forcing him to use canes and become housebound — despite gel shot treatments and painkillers.

**Rudy:** "I had osteoarthritis. The pain progressively got worse, so I went to my orthopedic physician, Dr. Hennessy, and thought I might need knee surgery. He ordered an MRI, which I couldn't take because the pain was so severe. That was when he ordered a pelvic X-ray. When he saw that, he said, 'The problem's not in your knees; it's in your hips.'"

### THE SOLUTION: Hip Replacement Surgery

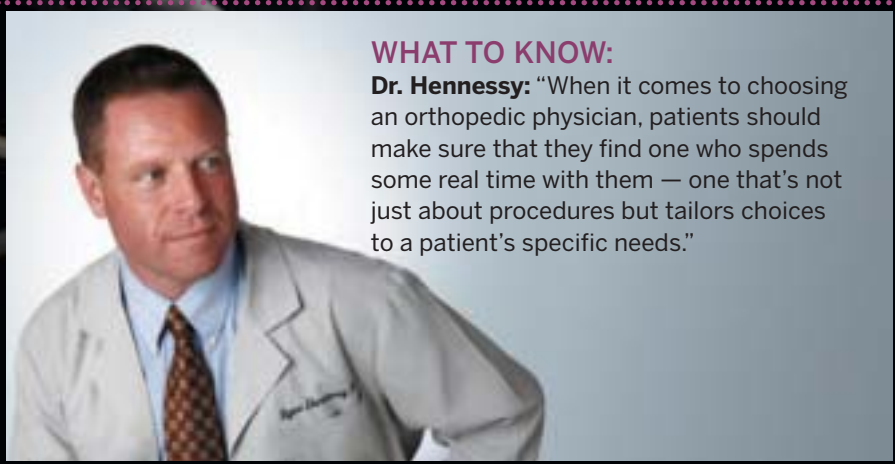
**Dr. Hennessy:** "Rudy's knee pain went away in the Hospital after his first hip replacement surgery. In fact, he rebounded so quickly that we completed his other side six weeks later. He went from being housebound to walking without a cane and moving around without pain. Best of all, he could even drive."

**Rudy:** "It's great to be able to get behind the wheel of a car and drive. I'm also able to get back in my yard and garden again. I can walk up and down stairs with no pain . . . actually, I can do just about anything that I want."

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### WHAT TO KNOW:

**Dr. Hennessy:** "When it comes to choosing an orthopedic physician, patients should make sure that they find one who spends some real time with them — one that's not just about procedures but tailors choices to a patient's specific needs."



**THE CHALLENGE:**  
Degenerative Disease

Degenerative disease, a bulging disc and twisted nerves caused Judy Reardanz to experience severe back and leg pain — despite therapy and cortisone shots.

**Judy:** “Prior to surgery, I had pain for about two years. Nothing helped. It turns out that I had a bulging disc, degenerative disease and twisted nerves that caused my leg to go out three times. Physical therapy and shots worked progressively less. By the time I had the fifth shot, it did nothing. I then went to my orthopedic physician, Dr. Koutsky, and we discussed the need for surgery.”

**THE SOLUTION:**  
Lumbar Compression & Fusion

**Dr. Koutsky:** “After Judy’s surgery, she spent a couple of days in the Hospital and was in a brace for two to three months. After that, she started physical therapy and was happy with the results: her back pain and right leg pain improved significantly. She can now function better at work and at home. It’s a life-altering decision that she made, and it’s so great to see how things worked out.”

**Judy:** “When I woke up, I smiled and asked if I could go home! I had some minor pain, but the medications helped. I was able to sit up relatively quickly. I could visit with friends. After a day, I was able to take a walk in the hallway without a walker, and soon I could go up and down stairs. I now have no back pain whatsoever. I can do Yoga and Zumba and go to the gym. Best of all, I can sleep well at night.”

**THE PATIENT**  
Judy Reardanz, Age 59  
Aurora, IL

**THE PHYSICIAN**  
Kevin Koutsky, M.D.  
Elmhurst Orthopaedics, S.C.



**WHAT TO KNOW:**

**Dr. Koutsky:** “When patients are treated at EMHC, it’s a team effort — we take a multidisciplinary approach to treatment and surgery. Having both the ortho surgeon and neurosurgeon working together during back procedures is unique, even in the world of spinal medicine. This benefits patients by decreasing surgery time, complication rates and chances for infection. That’s a win-win.”



**Scoping Out Arthroscopic Surgery** A Closer Look at Alternative Procedures with Gregory Dairyko, M.D.



**WHAT IS IT?**  
“Arthroscopy uses a small camera to go inside of a joint and visualize it without making a large incision.”

**WHAT IS IT USED FOR?**  
“It’s great for rotator cuff surgery or shoulder surgery, so we can see small areas relatively clearly by getting inside the joints. It fixes tendons, ligaments, and more.”

**WHAT ARE THE BENEFITS?**  
“Arthroscopy is a minimally invasive way to perform a surgery. It has smaller incisions, causes less pain and is post-operative. It’s a very common thing to do now, especially for sports injuries.”

**WHAT’S YOUR APPROACH TO CARE?**  
“I listen to my patients and, together, we put game plans in place to get them back on their feet as quickly as possible.”

**WHAT DO YOU LIKE MOST ABOUT USING ARTHROSCOPIC SURGERY?**  
“From weekend warriors to athletes, I can get someone with an injury back out there playing sports or simply playing with their kids. Most of all, it’s about getting people out of pain. That’s the biggest thing.”

Dr. Dairyko is with Elmhurst Clinic Orthopedics and M&M Orthopaedics. For more information on **Arthroscopy**, visit [www.emhc.org/orthopedics](http://www.emhc.org/orthopedics).