

Orthopedic surgeon Michael Koonin, MD, performs state-of-the-art hip and knee replacements at Aventura Hospital

BY LYNN CARROLL

Hip and knee replacements, introduced in the 1960s, are considered among the most important medical advances of the 20th century. Orthopedic surgeon Michael Koonin, MD, of Aventura's Orthopedic Care Center, has been at the forefront of the field for more than 20 years, and is among the first surgeons in South Florida to use cutting-edge technologies and innovative new products to restore greater mobility to a wider range of patients for a longer period of time.

"There are new joint replacements just becoming available that are designed from ceramics and very new plastics," he said. "They're much more durable than the old ones, so the need for revision surgeries later in life is greatly reduced."

Hip replacements have traditionally been reserved for patients over the age of 55 who have severe arthritic conditions. Dr. Koonin is a pioneer in the use of ceramic-on-ceramic hip replacements that better meet the requirements of younger, more active patients. In laboratory testing, ceramic-on-ceramic hip replacements have demonstrated significantly lower wear than conventional hip replacement systems.

Similarly, Dr. Koonin uses a brand new patented knee replacement with an X3 polyethylene bearing surface.

"This surface will result in much less wear of the components," he said. "In addition, the new replacements are now gender-specific, and as a result are much more amenable to the smaller bones one finds in women, resulting in better function and better range of motion."

Every case is different, but in general, Dr. Koonin said, joint replacement is considered if the patient is experiencing functional limitations that restrict not just work and recreation but the ordinary activities of daily living; if pain is not relieved by more conservative treatments such as medications or physical therapy; if there's significant stiffness in the joint, and if x-rays show advanced arthritis or other problems.

During surgery, the damaged joint is replaced with a new, artificial joint, called a prosthesis. Today, limited incision surgery gives orthopedic surgeons the ability in many cases to remove and replace the affected joint through a very small incision, minimizing trauma to the surrounding muscle tissue and leading to a speedier recovery.

Dr. Koonin, an alumnus of University of Witwatersrand in Johannesburg, South Africa, completed his orthopedic training at Albert Einstein College of Medicine in New York City.

He's part of a team of US-trained surgeons at the Orthopedic Care Center who have been practicing in the area for more than two decades.

The team at the Orthopedic Care Center consists of eight highly trained and experienced orthopedic physicians whose specialties cover the field from joint replacement to sports injuries. Originally established in North Miami Beach, the center has been established for many years now at its present address in suite 104 at 21000 NE 28th Ave., on the campus of Aventura Hospital & Medical Center.

For more information, call (305) 937-1999, fax (305) 931-6554 or visit www.orthopedicare.com

