

Mako<sup>®</sup> Robotic-Arm Assisted Knee Replacement,  
Anterior Hip Replacement & Sports Medicine



*Treatment worth the travel.<sup>SM</sup>*



*“My first doctor just told me that I was too young to have hip problems. Well, even though I am only 49, I had a lot of pain ... I had the anterior surgery, and I was out of the hospital the next day and in physical therapy the first week. I took very few pain meds. It’s been wonderful. Honestly, it was the best thing I ever did in my whole life.”*

*Lori L. - Grand Haven*

## HEALTH *is* MOTION, Regardless of Your Age or Lifestyle.

If you’ve sustained an injury, if you’re sidelined from your favorite activity, or if you simply want to walk without pain, you deserve care from specialists with the **highest level of training and experience** and who use the latest techniques and technology.

The Bone & Joint Center offers comprehensive surgical and nonsurgical orthopedic care, including anterior approach hip replacement. This **center of orthopedic excellence** is nationally recognized by performance athletes and patients who research advanced procedures for treatment...

### Superior Patient Outcomes

While recovery does vary from patient to patient, it’s comforting to know that patient data collected for Dr. Johnson shows outcomes that exceed the national benchmark for both hip surgeries and knee replacements.

Hip Replacement		Dr. Johnson	National Benchmark	Knee Replacement		Dr. Johnson	National Benchmark
Preop*	48.5	43.8	Preop*	52	47		
Postop at 3 Months*	86.2	80.3	Postop at 3 Months*	74.5	70.6		
Met expectations for surgery	94.15	87.66	Met expectations for surgery	82.2	80.61		
Complications requiring surgery	0.22%	2.72%	Complications requiring surgery	2.07%	3.28%		

\* HOOS-JR score (scale 0-100). Lower score means greater disability.

\* KOOS-JR score (scale 0-100). Lower score means greater disability.

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## CONTINUUM *of* CARE



Accurate and thorough **diagnosis** leads to more effective surgical and non-surgical treatment options.



The goal of minimally invasive **surgery** is less pain and faster recovery for improved patient mobility and lifestyle.



New Spine and Orthopedic unit of Holland Hospital is dedicated to **post-operative** care for joint replacement.



Our **rehabilitation** team works closely with our physicians and physician assistants to ensure the best possible outcomes.

# JOINT REPLACEMENT

Dr. Johnson is a pioneer in Anterior Approach Hip Replacement, certified in Mako-Assisted Knee Replacement, with more than 2,000 successful replacements to his credit.



## Anterior Approach Total Hip Replacement

Anterior approach hip replacement is a minimally invasive surgical option that offers less pain and faster recovery. The anterior approach allows a smaller incision, often 3" as opposed to 7" or 8", with real-time imaging for greater precision in component placement. By entering from the front of the hip, Dr. Johnson performs the operation without disturbing the muscles or tendons, while still supporting the hip joint. Patients can walk and bear weight sooner than with traditional hip surgery and can often return to activities with fewer restrictions. Benefits include:

- **Smaller incision** and scar, with **less pain**
- **Quicker recovery** and **shorter hospital stay**
- More **precise placement** of the components, leading to **increased longevity** of the prosthesis and accurate leg length
- No detachment of muscles from pelvis or femur, with **decreased risk** of hip dislocation

The hana® table at Holland Hospital allows hyperextension and rotation of the hip for femoral component positioning not possible with conventional tables. The carbon fiber hana® table also allows uninterrupted perioperative imaging for precise fit and leg length refinement.



## Mako® Robotic-Assisted Hip Replacement

While used primarily for knee replacement, Mako Robotic-Arm Assisted Surgery is also an excellent tool where appropriate in anterior hip replacement. Mako maps a customize surgery to the patient's unique anatomy for a precise alignment. Patients experiencing severe hip pain are encouraged to explore their options with Mako technology.

## Mako® Robotic-Arm Assisted Knee Replacement

In addition to being the first West Michigan surgeon certified on Mako Robotic-Arm Assisted Knee Replacement, Dr. Johnson is the only surgeon in West Michigan who trains and certifies other surgeons around the world on the Mako. As the latest advancement in complete and partial knee replacement surgery, Mako is gaining international use, and Dr. Johnson's experience is helping the global medical community.

A CT scan of your knee joint is used to create a 3D virtual model of your unique anatomy. This virtual model is loaded into the Mako system software, where Dr. Johnson refines the data to better suit your specific anatomy.

In the operating room, Mako robotic-arm helps ensure that cutting instrument remain within the pre-defined area for a level of precision beyond that of the human eye. Mako has demonstrated accurate placement of implants with soft tissue protection to the ligaments around the knee.

Dr. Johnson uses Mako technology in both full and partial knee replacements with documented outcomes well above national averages.



# SPORTS MEDICINE

*"I wanted to take a minute to tell you and your office **GOOD JOB!** I'm pleased to say that I'm happy we stayed with the Bone & Joint Center; I feel like Ashley's injury has finally started to heal now that we have a good doctor who has pinpointed the issue. Please feel free to pass my **JOB WELL DONE** along to the staff in your office."*

*(Parents of) Ashley M. - Holland*



## Sports Medicine and Concussion Management

Dr. Courtney Erickson-Adams is specially trained to provide **non-operative treatment options** for sports-related and active lifestyle injuries including concussions, fracture management and overuse or misuse conditions.

Dr. Erickson-Adams was a member of the fellowship program at Michigan State University (NCAA division I), one of the first **primary care sports medicine** fellowships in the country, and started with some of the founding leaders of sports medicine.



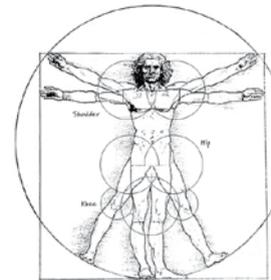
Working as a team physician, Dr. Erickson-Adams was able to provide sideline and game coverage for a wide range of sports, including: women's soccer, volleyball, softball and basketball, and men's football, basketball, hockey, wrestling, and track and field.

As one of the only ImPACT-certified physicians in West Michigan, Dr. Erickson-Adams is the regional authority on concussions. ImPACT, or Immediate Post-Concussion Assessment and Cognitive Testing, is the most widely used and scientifically validated concussion evaluation system.



ImPACT-trained physicians are provided with state-of-the-art neurocognitive assessment tools and services, enabling more accurate decisions to safely return individuals to activity.

### A Comprehensive Approach



In addition to a team approach to specialized treatment, the Bone & Joint Center offers an in-house rehabilitation facility for added convenience.





## Derick M. Johnson, DO Orthopedic Surgeon

*Undergraduate Degree:*

Biology – Calvin College, Grand Rapids, MI

*Medical Degree:*

Des Moines University, Des Moines, IA

*Internship/Residency:*

Orthopedics –

St. Vincent Mercy Medical Center, Toledo, OH

*Fellowship:*

Anderson Orthopedic Institute –  
Joint Replacement, Alexandria, VA

*Memberships:*

American Association of Hip & Knee Surgeons  
American Academy of Orthopedic Surgeons  
American Osteopathic Academy of Orthopedics  
American Osteopathic Association  
Michigan Orthopaedic Society



## Courtney Erickson-Adams, MD Primary Care Sports Medicine

*Undergraduate Degree:*

Biology and Chemistry –  
Central Michigan University, Mt. Pleasant, MI

*Medical Degree:*

Rush University Medical Center, Chicago, IL

*Internship/Residency:*

Family Medicine –

MacNeal Family Medicine, Berwyn, IL

*Fellowship:*

Primary Care Sports Medicine,  
Michigan State University, East Lansing, MI

*Memberships:*

American Medical Society for Sports Medicine,  
American College of Sports Medicine,  
American Academy of Family Physicians



## Adam N. Stillo, PA-C

*Undergraduate Degree:*

Biomedical Science –  
Marquette University, Milwaukee, WI

*Master's Degree:*

Physician Assistant Studies –  
Marquette University, Milwaukee, WI

*Experience:*

Previously worked for the Orthopedic Institute of Wisconsin as an Orthopedic Physician Assistant in Spinal Surgery. He has worked alongside Dr. Derick Johnson for the past 10 years.

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