

Fast Track to Recovery

The NorthShore Total Joint Replacement Center has a 20-year history of exceptional patient-centered care with outstanding outcomes. Its Rapid Recovery Program features shorter hospital stays and accelerated postoperative rehabilitation to return patients to an active lifestyle as soon as possible.

This well-coordinated team effort involves surgery, anesthesia, minimally invasive surgical techniques and individually tailored pain management regimens. Find in-depth information about these capabilities online at northshore.org/g10.



Hip Tips

Follow these five strategies to protect your hips:

- Stretch and warm up before exercise.
- Include gentle exercise in your routine, such as swimming or water aerobics.
- Wear properly fitting shoes.
- Wear hip pads for contact sports.
- Lose extra pounds to reduce strain on your body.

GET BACK TO YOUR LIFE

NorthShore Orthopaedic Institute surgeons lead the way, using the latest techniques and technology. These experts offer a wide array of procedures designed to restore mobility and help you swiftly resume daily routines and athletic pursuits. To schedule an appointment, please call (847) 492-5700 (Ext. 1286).



"I was able to really come back strong after the surgery," said **Robert Goone**, who was up and walking two days after a hip replacement at NorthShore.

On the Road Again

Cyclist Rebounds After Hip Replacement

By Barb Hailey

Robert Goone, 53, is the type of guy who doesn't like to slow down. So, as an avid cyclist and athlete, he exhausted all nonsurgical treatment options to address severe hip pain before ultimately deciding on hip replacement surgery.

The Glencoe resident turned to NorthShore Orthopaedic Institute and affiliated surgeon David Beigler, MD, to perform the procedure, fully confident he had a comprehensive team behind him—both pre- and postsurgery—to achieve optimal recovery.

"Before surgery, I went to the joint replacement class at NorthShore and it was unbelievable!" recalled Goone. The class not only prepares patients for the surgery itself, but also sets recovery time and physical therapy expectations. Goone said he felt fully prepped going into surgery with Dr. Beigler, Division Head of Orthopaedic Trauma, who has a 33-year track record of surgical excellence and holds an academic appointment at the University of Chicago Pritzker School of Medicine.

"I'm focused on minimizing the amount of surgical trauma for patients and improving their results, both short-term and long-term," said Dr. Beigler. "Rob was physically active and wanted to return to the same activities he enjoyed prior to surgery."



Orthopaedic Surgeon
Dr. David Beigler

Dr. Beigler performed Goone's anterior hip replacement at NorthShore Glenbrook Hospital in November 2013. Goone was able to walk on the second day following surgery and was released on the third day.

"I noticed as soon as I got home that the acute pain in my hip was gone," Goone said. "I could still feel the effects of surgery, but I knew the source of the pain had been eliminated."

Goone has since become one of NorthShore's biggest promoters. Between the hospital orthopaedic care team and Dr. Beigler, he described the communication and his treatment as "flawless." Goone also praised the physical therapy he received. Even with his high level of motivation, he credits the combined care with keeping him on track for a successful recovery.

"I'm a big bike rider, and I was able to come back really strong after the surgery," explained Goone, who has completed several Century Rides (100-mile bike rides). "I had a great experience!"



WATCH A VIDEO

Robert Goone shares his story of active recovery following hip replacement surgery at NorthShore. Go along for the ride at northshore.org/robertsstory.