

# BUFFALO HOSPITAL

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## New knees with a custom fit

**YOUR KNEES ARE UNIQUE—NOW YOUR KNEE REPLACEMENT CAN BE TOO**

**W**HEN YOU have arthritis in your knee, you feel it with every step. Knee pain affects nearly everything you do. When Jenifer Kovacs' aching knee started interfering with her family life and work, she knew it was time for surgery.

"My knee hurt all the time. This spring I had to use a wheelchair to get around the zoo with my children," says Kovacs, 48, a registered nurse from St. Michael. "I don't want my knee to hold back my kids."

Years of sports, hiking and sailing, and early degenerative joint disease took their toll on Kovacs.

"I worked with my doctor to try everything we could to avoid surgery, including cortisone shots, physical therapy, weight loss and pain management, but nothing helped," Kovacs recalls. "I became very inactive and reduced my hours at work because I'm on my feet all day in the operating room."

### A CUSTOM FIT WITH OTISKNEE

Kovacs recently spent a day in the operating room as a patient. This summer, she was the first patient at Buffalo Hospital to receive a custom fit total knee replacement. Kovacs' orthopedic surgeon, Dana Harms, MD, is one of just a few doctors in Minnesota trained to perform a new technique called OtisKnee®. It results in a one-of-a-kind knee replacement.



**WORKING IT:** Jenifer Kovacs works with Kevin Lenz, PT, at Sister Kenny® Sports & Physical Therapy Center in Albertville to increase strength, flexibility and range of motion of her new knee.

"No two knees are exactly alike," says Harms. "Custom fitting knee implants takes total knee replacements to a new level and improves patient outcomes."

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PET/CT now available closer to home



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Construction begins on new Birth Center



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Celebrate with us at the Pink Street Party



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