

# Walking on Air

**Ocean Medical Center** *Brick woman leads a pain-free life after two successful hip replacements.*

MARILYN ROGERS, 72, LOOKED FORWARD TO AN ACTIVE retirement, but for years, she'd been troubled by soreness in both hips. Worsening pain robbed her of beloved pastimes, from gym workouts to shopping with friends. Eventually, it was all she could do to get out of bed in the morning. "You dread that first step, knowing it's going to kill you," she says.



**David J. Rodricks, M.D.**  
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## Taking the Fear Out of Surgery

A friend referred Marilyn to **David Rodricks, M.D.**, an orthopedic surgeon at Ocean Medical Center, who thought she'd be a good candidate for total joint replacement in both hips. The operation would remove the damaged part of each joint and replace it with an artificial joint made of metal and plastic. Marilyn was understandably anxious about

surgery. "I put it off for about six months," she says. "I had some injections, but they only helped temporarily. So, finally, I said, 'It's time.'"

Fortunately, hip replacement surgery has come a long way, and Dr. Rodricks is trained in the latest advances. After discussing her options, Marilyn chose anterior approach hip replacement, a minimally invasive technique. "People who want to get back to a high level of activity tend to select this procedure because there are fewer restrictions, a quicker recovery, and less pain after surgery," Dr. Rodricks says.

Marilyn also felt more prepared after participating in Ocean's preoperative education program, led by joint replacement nurse Ginny Horner. "She helps you understand what to expect from the minute you walk in on the day of surgery all the way through rehab," Marilyn says. "She took a lot of the fear away."

## Surgical Successes

On April 9, 2012, Marilyn had her first hip replacement surgery. The next day, she was up and moving about with the aid of a walker. She spent three days in the hospital and 10 at an inpatient rehab facility before returning home.

Dr. Rodricks performed Marilyn's second hip replacement on September 9, 2013. This time, he used a new procedure to inject a long-acting anesthetic directly into her joint. "That speeded my recovery considerably," Marilyn says. "I was able to get out of bed faster, and I needed no other painkillers except Tylenol." Afterward, she spent eight days at Meridian Subacute Rehab at Wall before heading home again.

Today, Marilyn leads an active life, shopping with friends and working out three times a week. "My advice if you're considering joint surgery is don't dread it or put it off," she says. "It's nothing compared with the pain you had beforehand."

Experiences like Marilyn's also demonstrate that there's no reason for New Jersey residents to travel for specialized joint care. "There's no total joint procedure available that's not done at Ocean Medical Center," Dr. Rodricks says, "and our experience and outcomes are as strong as anywhere in the country."



**Marilyn Rogers loves interior design. The 72-year-old has enjoyed redesigning her home, most recently due to Hurricane Sandy.**

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