



fitter



faster



stronger

FIT WISHES FOR 2009

This year we have expanded our focus on training and rehabilitation, research on cartilage and ligament replacement and surgical techniques for athletes and arthritis. We hope these advanced skills will help all to stay fit and active the whole year long.

**Kevin R. Stone, M.D. and
The Stone Clinic Team**

Rehab Team Member Highlights

Kelly Starrett, DPT, and Melissa Racouillat, DPT, ART, CSCS, the most recent additions to our rehabilitation team, have broadened our

strengthening and manual therapy practice. Kelly is one of the original CrossFit affiliate owners,



a brilliant trainer and a Doctor of Physical Therapy. Melissa brings a strong background in manual therapy skills for athletic people. Incorporating high-intensity complete



fitness programs into rehabilitation from injuries and arthritis has permitted our patients to return fitter, faster and stronger than ever before. The efficiency of the CrossFit program and the completeness of its training has made it applicable in some form to almost all patients and sports.

See how these techniques applied to pro women athletes at our conference for them. Details at www.stoneclinic.com/womenconference

Meniscus Transplantation

Replacing the meniscus cartilage for people who have lost it or who have knee joint arthritis continues to bring satisfying results to many who have suffered pain and loss of activities. We now have marathon runners and weight lifters exercising on these tissues. Recent data indicates that of the 111 patients who are at least two years out from surgery, mean survival time is



9.03 years and mean time to failure for the 27 patients who failed is 4.7 years. Of the patients who are in our 10-year follow-up study (patients who have survived a minimum of 8.5 years), only 3 of 29 have failed (10.3%) after 8.5 years. Many patients are now able to delay or completely avoid artificial knee replacement.

Biologic Knee Replacement

Combining our articular cartilage paste grafting technique (to repair damaged and arthritic areas of the knee) with meniscus replacement creates a biologic rather than bionic knee replacement. We now have over 150 patients who have had these combined procedures. We strongly believe that biologic knee replacement is the solution for many athletic people.

Ligaments

Our improved surgical reconstruction technique for anterior cruciate ligaments (ACL), posterior cruciate ligaments (PCL) and posterolateral corners has dramatically shortened the time required for people to return to work and play. Using sterilized allografts, we have seen rapid incorporation and healing when studied by MRI and sports performance tests.

Shoulders

Rotator cuff injuries, impingement, and labral tears from shoulder dislocations continue unabated. Fortunately, most are repairable arthroscopically with shorter surgical times. Our new suturing and anchoring techniques have permitted faster rehabilitation of our overhead athletes.



Ankles

Twisted ankles in the young and torn Achilles tendons keep our patients hopping. Our unique technique of percutaneous repair of the torn tendon tissue avoids open surgery and speeds recovery.



Website

We are very proud of our new website and hope you, your family and friends find it useful. Please visit www.stoneclinic.com for new techniques and data on orthopaedic injuries, arthritis, fitness, nutrition and rehabilitation. Podcasts and videos are posted for in-depth descriptions of our programs.

**THE
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We look forward to hearing from you soon.