

Contact: **Thomas E. Albus, MD**  
**636-441-3444**  
**www.spbj.net**

**SMALLER INCISION, FASTER RECOVERY GOOD NEWS FOR  
(INSERT REGION)-AREA HIP REPLACEMENT PATIENTS**

*Dr. Thomas E. Albus Performs New Zimmer Minimally Invasive Mini-Incision Hip Surgery*

**St. Louis, Mo. August 31, 2005** — **St. Charles County**-area arthritic-hip-pain sufferers now have a minimally invasive alternative to traditional hip replacement that is making surgery, recovery and rehabilitation faster and easier on patients. **Thomas E. Albus, M.D.**, an orthopaedic surgeon with (**St. Peters Bone & Joint Surgery**, is one of the first physicians nationwide trained to perform the new procedure.

The *Zimmer Minimally Invasive Solutions™ (MIS™)* Mini-Incision hip replacement procedure uses specialized instruments and adapted surgical techniques to implant the same high-quality and clinically proven hip implants used in standard hip replacement. The new technique allows the implant to be inserted through a 2 ½- to 3 ½-inch incision, rather than the standard 10- to 12-inch incision.

Significant potential patient benefits of the technique include:

- smaller scar,
- shorter hospital stay and
- faster rehabilitation.

These benefits may allow a quicker return to work and other daily activities.

“Hip replacement has long been one of the most successful procedures for improving quality of life and alleviating pain, and now we can do it in a way that helps patients recover more quickly,” said Dr. Albus, Orthopedic surgeon, who performs the procedure at Barnes St. Peters, St. Joseph Hospital West & Crossroads Regional Hospital. “The Mini Incision is one of the newest forms of minimally invasive surgery. Our patients today are feeling better and returning to their jobs and lives faster than the hip replacement patients of the past.”

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According to the American Academy of Orthopaedic Surgeons, approximately 30 million people in the U.S. suffer from osteoarthritis, which causes deterioration of the cartilage in the hip joint, allowing bone to rub against bone. That number is expected to increase with the aging of the baby boomer generation and as people continue to live longer.

The friction generated by the bones rubbing together causes severe discomfort and debilitating pain and stiffness, making it difficult to walk or exercise, eventually leading to near-constant pain. Also, the muscles controlling the hip weaken from decreased activity.

Mini-Incision hip replacement is an option for most patients who are candidates for standard hip replacement. Factors that may rule it out include prior hip replacement on the same hip, obesity, a recent history of deep vein thrombosis (DVT), and other unstable medical conditions.

For more information about hip replacement and other minimally invasive orthopaedic procedures, consumers can visit [www.pacewithlife.com](http://www.pacewithlife.com) or call toll-free, 1-866-FIND-MIS.

Dr. **Albus** received training in the Mini-Incision hip replacement surgical technique through the Zimmer® Institute in Warsaw, Ind.

Zimmer Inc., the Warsaw, Indiana-based manufacturer of the specialized instruments for the *MIS* Mini-Incision hip replacement procedure, is a global leader in the design, development, manufacture and marketing of reconstructive orthopaedic implants and fracture management products. Orthopaedic reconstruction implants restore joint function lost due to disease or trauma in joints such as knees, hips, shoulders, and elbows. Fracture management products are devices used primarily to reattach or stabilize damaged bone and tissue to support the body's natural healing process. Zimmer also manufactures and markets other products related to orthopaedic and general surgery. Zimmer was founded in 1927 and has more than 3,500 employees worldwide.

**Thomas E. Albus, M.D.**  
**St. Peters Bone & Joint Surgery**  
**112 Piper Hill Drive, Suite 9**  
**St. Peters, Mo. 63376**  
**636-441-3444**

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