

# Could joint replacement be the solution for you?

Jody DiStasio isn't afraid of hard work. If he's not on his feet 10–12 hours a day at Jody's Seafood, the Neptune, New Jersey, fish market he owns, he's working as captain of his charter fishing boat.

But by the fall of 2007, Jody, then 50, could barely walk to his car, let alone climb ladders, negotiate a fishing boat, or stand on concrete for hours. "The pain came on gradually, but got worse and worse. Sometimes, I'd be in tears," he says. He was looking at losing his business if he didn't get help.

It wasn't until he met with Dr. David Chalnick, a partner at Shore Orthopaedic Group, that he was accurately diagnosed: severe osteoarthritis.

"He was nearly incapacitated," Dr. Chalnick says. Jody's hip joints were bone on bone—and in need of replacement.

Jody was anxious about the surgeries, but Dr. Chalnick's personable manner and vast experience with total joint replacements put Jody at ease. He had the first hip replaced in April 2008. "It went smoothly," Jody says. "I was back to work

within two weeks." It helped that Jody diligently performed every rehab exercise asked of him. He had the second surgery in November of that same year, and the recovery went even faster.

"It's unbelievable what I can do now," he says.

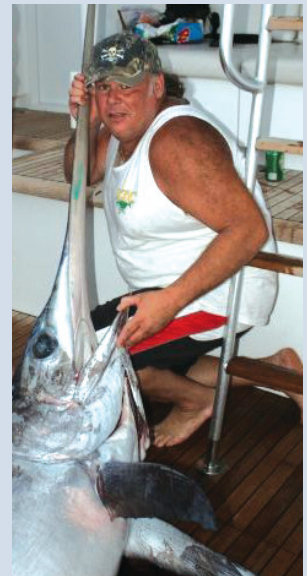
## A Life-Changing Surgery

Baby Boom-aged patients like Jody are often shocked to learn that they need a joint replacement. "Younger and younger people are candidates now," Dr. Chalnick says.

Many factors contribute, from occupations that cause wear and tear to injuries that never heal properly and lead to arthritis. Dr. Chalnick emphasizes that although joint replacement remains a serious surgery, the technology has made amazing strides in the last 10 years, both in surgical techniques and post-operative pain management.

"A hip or knee replacement surgery can be life-altering," Dr. Chalnick says. "People can get back to work and also enjoy activities that they haven't been able to do for a while, like tennis, golfing, or going on vacation."

*"It's unbelievable what I can do now," says patient Jody DiStasio, after successful hip replacement surgeries."*



**Had enough of hip or knee pain?**

*Schedule an appointment with Dr. Chalnick at Shore Orthopaedic Group today.*

**732-842-1956** shoreortho.com

35 Gilbert Street South  
Tinton Falls, NJ 07701

**732-530-1515**

1255 Route 70, Suite 15S  
Lakewood, NJ 08701

**732-942-2300**

1322 Route 72 West  
Manahawkin, NJ 08050

**609-597-1377**

David L. Chalnick, MD  
Board-certified Orthopaedic Surgeon  
Fellowship-trained in Adult  
Reconstruction and Sports Medicine

