



Naomi Marquez-Blake

Woodinville

Dr. Craig McAllister of the Evergreen Orthopedic Center recommended a total knee replacement – a minimally invasive, computer-navigated knee replacement. This procedure uses miniaturized instruments and surgical strategies developed at Evergreen, many by Dr. McAllister himself. Combined with the precision of computer navigation, it yields groundbreaking results.

Evergreen was the first hospital in the state, and among the first in the country, to offer the revolutionary surgery, in 2003. Even now, nine years later, Dr. McAllister says, “The truth is, almost nobody gets the minimally invasive, computer-navigated knee replacement unless they come to Evergreen. It’s what Evergreen is known for.”



Craig McAllister, MD

BACK ON HER FEET

As part of her ministry, Marquez-Blake visits hospitalized congregation members, including three who had total knee replacements in the weeks before hers. They were in the hospital three to four days, then in a care facility for an additional two weeks. One woman even showed Marquez-Blake her 15-inch scar.

“I was horrified,” Marquez-Blake recalls. “Dr. McAllister and I never talked about a

15-inch scar. We never talked about four days in the hospital.”

That’s because, Dr. McAllister reassured her, she’d be going home the next day. And the scar? It would be just 4 inches long, thanks to the minimally invasive techniques, which also meant less blood loss, less pain and a faster recovery.

And that’s exactly what she got. Marquez-Blake’s surgery was on a

“I didn’t want a 15 inch scar.”

Fifty-three-year-old Naomi Marquez-Blake has spent 23 years in the ministry, leading a congregation that has kept her on her feet, and on the go, seven days a week. She’d battled knee problems over the years, and a fall in late 2010 showed arthritis had taken a devastating toll on her right knee.

Tuesday, and she was back at church, working, the following Sunday. “It was amazing,” Marquez-Blake marvels. “My recovery was very different from that of the people in my church who’d had the traditional knee-replacement surgery. And things got better weekly – dramatically better every week.”

BREAKTHROUGH CARE FOR KNEE REPLACEMENT

Dr. McAllister has now done close to 1,200 knee-replacement surgeries using the same state-of-the-art techniques he used with Naomi Marquez-Blake. “To have a knee that feels smooth and stable and goes through a whole range of motion – that’s the Holy Grail of knee replacement,” he states. “And then to have that knee be well aligned and have it last on the order of 20 years – well, you can’t get much better than that.”

The rest of the country is beginning to notice. “The prestigious Journal of Bone and Joint Surgery just published back-to-back articles confirming that computer navigation is the gold standard for knee replacements,” Dr. McAllister shares, “and Evergreen has been doing it for nine years.” Visiting surgeons come to Evergreen to learn these advanced techniques.

Dr. McAllister points out that providing these breakthrough techniques takes a great deal of commitment from both the surgeons, to learn the new techniques, and the hospitals, to provide the instruments and train the surgical staff.

As for Naomi Marquez-Blake, she couldn’t be happier. “I had a wonderful outcome with this knee. I’m so grateful.”

For more information, visit www.evergreenhospital.org/ortho or call the Evergreen Healthline at 425.899.3000