"I'd always heard very good *things about Evergreen.*"

Randy Hart knows a little something about being the best. He played on the 1969 Rose Bowl championship team at Ohio State, and he just completed his 20th season as the defensive line coach at the University of Washington.

Coach Hart at a UW practice

So when he needed a total knee replacement, Hart turned to the best – Dr. Craig McAllister and the groundbreaking technology found at the Evergreen Orthopedic Research Lab and MIS-Navigation Learning Center.

In 2004, Evergreen became the first facility in the state, and one of the first in the country, to utilize state-of-the-art minimally invasive and computer navigation techniques for knee replacements. Minimally invasive surgery (MIS) techniques utilize smaller incisions, miniaturized instruments and surgical strategies to improve results and facilitate early rehabilitation after joint replacement. Computer navigation uses infrared wireless trackers attached to the patient during surgery to provide precise information on range of motion, component position and limb alignment. As Dr. McAllister, the founder of the Lab, attests, it's a winning combination.

"The teaming of MIS techniques and computer navigation brings a new level of precision, accuracy and safety to the operating room," he says. "We can offer patients faster rehabilitation, better overall function and a longer-lasting joint replacement."

This was crucial for Randy Hart, who didn't have much downtime from the rigors of coaching and recruiting.

A NATIONAL LEADER

While a healthy knee is straight, Hart's left knee was 16 degrees bowlegged. Using MIS and computer navigation, Dr. McAllister was able to return Hart's knee to normal and restore a full range of motion, which is the best predictor of the longevity of an implant. "We did everything we possibly could to make this the only implant he'll ever need," Dr. McAllister explains.

So how did Evergreen find itself at the forefront of knee-replacement technology? Dr. McAllister credits the hospital administration and operating room staff for their forward-thinking vision and support of the Lab. "They wanted to bring this technology to Evergreen," he says, "and our patients are the beneficiaries. Eighty percent of knee replacements at Evergreen are now done with computer navigation. Nationwide, only 5 percent of replacements are done with computer navigation. But in five to 10 years, it will be the standard."

Indeed, orthopedic surgeons from around the continent have come to the Evergreen Orthopedic Research Lab to learn the advanced techniques, and the Lab's research findings have been published in numerous medical and scientific journals.

Craig McAllister, MD

BACK ON THE FIELD

"I'd always heard very good things about Evergreen, and they took great care of me," Randy Hart says. "They prepared me very well. I understood what was going to happen every step of the way."

And after just two months of recuperation and physical therapy, the 59-year-old Hart was back on the field at Husky Stadium for the start of fall practice last August.

Learn more about joint replacement surgery at a free seminar Jan. 17. See page 11 for details.