

# NEWS RELEASE



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**For Immediate Release**

## **OUTPATIENT SURGERY FOR KNEES AND SHOULDERS MEANS QUICKER RECOVERY AND LESS PAIN**

*Dr. John Moss Performs Arthroscopic Surgery at Halifax Regional.*

**ROANOKE RAPIDS, NC (September 2, 2010)—Orthopedic surgeon John Moss, M.D., has performed thousands of arthroscopic procedures in 26 years, and says the techniques continue to evolve to benefit patients.**

“With the improvements in surgical techniques, the time in the operating room is significantly lower, and patients recover easier with less pain and have more mobility,” said Dr. Moss, a surgeon at Northern Carolina Orthopedics who operates at Halifax Regional. He is Fellowship-trained in arthroscopic surgery.

Torn knee cartilage, rotator cuff repair and ligament reconstruction are three of the arthroscopic procedures Dr. Moss performs. “Techniques continue to improve,” he says. “Now the surgery is done through puncture holes inside the joint, without opening the joint.”

Kathy Dikeman is one example of the difference that new techniques make in knee surgery.

“One day I just could not walk correctly or maneuver my knee,” she recalls. “I had no flexibility. It was difficult just to get in and out of the car.” Soon, she couldn’t take it anymore and saw Dr. Moss.

In a few days she had arthroscopic surgery to repair a torn meniscus.

“It was unbelievable,” Kathy says. “The same day I had the surgery, I walked in my house with little discomfort. I had no pain and did not use medications.”

An active business owner and volunteer at Lake Gaston, Kathy said her recovery time was brief. “I had several sessions of therapy, and then I exercised on my own.”

Now, she's back working full time and continuing her role as chair of O'Sail, a nonprofit organization that supports the arts, learning and safety at the lake.

"The procedure and the recovery were nonthreatening," Kathy says. "This was an incredible experience. The only thing I regret is waiting two months to see Dr. Moss."

In arthroscopic surgery, the surgeon places a fiber optic telescope within the knee joint. An arthroscope is attached to a camera that relays real time images to a video monitor.

If you have knee pain, try over-the-counter anti-inflammatory pain medications and therapy; but if these conditions continue, see an orthopedic surgeon:

- Knee. Significant pain and swelling for more than a week or if your knee gives way when walking or if your knee locks up.
- Shoulder. If you have significant pain or can't raise your arm over your head without significant pain.

For information, visit [www.aaos.org](http://www.aaos.org).

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**About Halifax Regional-**

*Halifax Regional Medical Center is licensed for 204 beds, including psychiatric and nursery. A non-profit organization, Halifax Regional is fully accredited by the Joint Commission. For more information, visit [www.halifaxregional.org](http://www.halifaxregional.org).*