

St. Joseph Medical Center  
**housecall**

Health news and upcoming events at St. Joseph Medical Center

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GOOD  
KNEES**

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# Sporting Good Knees

## EXPERT CARE & RETURN TO ACTIVITIES

**A**n athletic pair, Mike McCarthy and his daughter Phoebe took their father-daughter bond to another level when, within weeks of each other, they both tore the ACL (anterior cruciate ligament) in their knees; Mike while skiing and Phoebe on the lacrosse field.

Mike consulted Dr. Scott Tarantino, medical director of St. Joseph Medical Center's Orthopedic Institute, who offered two options for this common knee injury: physical therapy or surgical repair.

"Not everyone needs surgery to repair a torn ACL," explains Dr. Tarantino. "If you're not particularly athletic, you may opt to have physical therapy for several months. For a patient like Mike, surgery was a good choice."

"Given the amount of sports that I do, I went ahead with the repair," says Mike, who learned that repairs can be customized.

Both Phoebe and Mike McCarthy did extensive rehab under the supervision of Dr. Scott Tarantino.

### FREE LECTURE **The Need for Good Knees**

Presented by  
**Dr. A.J. Detterline, orthopaedist**  
Tuesday, October 26, 7 p.m.

From arthroscopy surgery and ACL tears to knee replacements, learn about the latest advancements in treatment and options.

To register, call 410-337-1337 or go to [www.StJosephTowson.com](http://www.StJosephTowson.com).

### Sporty repair

He underwent an allograft surgical ACL repair, which uses cadaver tissue, as opposed to an autograft repair, which uses a patient's own tissue, usually taken from the tendon around the knee. Both are outpatient surgeries that involve little blood loss and little pain.

Allograft surgery causes less trauma to the knee and less post-operative pain initially, allowing a quicker return to daily activities, so it can be a better choice for older patients, or patients with pre-existing problems in the knee," says Dr. Tarantino.

Just a month after Mike's surgery, Phoebe was playing in a lacrosse game, pivoted incorrectly and "just went down," she recalls. "I tried to stand up and my knee collapsed."

### Youthful repair

Because of Phoebe's youth and her student athletic career—she plays both lacrosse and field hockey—Dr. Tarantino recommended an autograft ACL repair.

"It was an easy surgery," says Phoebe, who joined her father at rehab. Both underwent an extensive program that included riding a stationary bike, and doing stretching and balancing exercises.

### The Comeback

"It took a full nine months until I could go back to tennis, hiking, and skiing," says Mike. But back he is, as is Phoebe, who, since her surgery, has been a member of two national championship field hockey teams. Both Phoebe and her dad couldn't be happier with their "born-again" knees.

"In addition to being a great doctor, Dr. Tarantino takes the time to fully explain the details," says Mike, adding, "The whole team at St. Joe's was wonderful and very comforting."