



James P. Weiner, MD, is board certified by the American Board of Anesthesiology. He received his medical degree and completed his residency in physical medicine and rehabilitation at Eastern Virginia Medical School, Norfolk, and completed an anesthesia residency and

received fellowship training in pain management at the Naval Hospital, Portsmouth, VA. He also received fellowship training in anesthesia at Bowman-Gray Medical Center, Wake Forest University, Winston-Salem, NC. He is a member of the American Association of Electrodiagnostic Medicine, American Association of Physical Medicine and Rehabilitation, American Society of Anesthesiology, Florida Medical Society, Florida Society of Anesthesiology, International Association for the Study of Pain, and International Spinal Injection Society. He has published extensively in his areas of expertise.



Peter S. Schreiber, DO, is board certified in physical medicine and rehabilitation. He completed his undergraduate studies in microbiology at the University of Florida, Gainesville, and received his medical degree from Nova Southeastern University College of

Osteopathic Medicine, Davie, FL. He served his internship and a combined residency in internal medicine and physical medicine and rehabilitation at Case Western Reserve University/MetroHealth Medical Center, Cleveland, OH. Dr. Schreiber is a member of the American Medical Association, American Osteopathic Association, and American Academy of Physical Medicine and Rehabilitation.



Robert D. Mehrberg, MD, is a board-certified physiatrist, certified in physical medicine and rehabilitation, as well as in electrodiagnostic medicine. He completed his undergraduate studies and earned his medical degree at Tulane University, New Orleans, LA. He served his

internship and his residency in physical medicine and rehabilitation at Eastern Virginia Medical School, Norfolk, where he was appointed chief resident. Dr. Mehrberg has lectured on, written, or coauthored numerous articles, abstracts, presentations, and publications concerned with the treatment and well being of rehabilitation patients. Dr. Mehrberg is a member of the American Association of Electrodiagnostic Medicine, American Academy of Physical Medicine and Rehabilitation, and Association of Academic Physiatrists.



Pierre R. Hyppolite, MD, is fellowship-trained in spinal cord injury through the University of Miami's Jackson Memorial Hospital/Miami VA Medical Center. He is a graduate of the Faculte De Medicine Et De Pharmacie Universite D'etat d'Haiti, where he earned

his medical degree and served his medical internship. Dr. Hyppolite attended Yale University School of Public Health and served an internal medicine internship at the New York Medical College's Our Lady of Mercy Medical Center. He completed his residency in physical medicine and rehabilitation at NYMC's Metropolitan Hospital Center. Dr. Hyppolite is an associate member of the American Academy of Physical Medicine and Rehabilitation and the American Paraplegia Society. He is fluent in English, French, and Creole.

Please visit Southwest Florida Rehab & Pain Management Associates on the Web. Just set your browser to www.swfna.com and select "Pain Management & Rehabilitation" from the menu at the top of the screen.

Relieve Knee Pain with Synvisc®



When osteoarthritis in the knee becomes unbearable, a simple outpatient treatment can provide long-lasting relief without surgery.

“My knees went out on me,” says Rose Pierce. “I was in a lot of pain, and they kept clicking. I actually had to move them myself to unlock them.”

Rose had previously suffered a failed back surgery and been referred for pain management to Pierre R. Hyppolite, MD, at Southwest Florida Rehab & Pain Management Associates. When the knee pain became severe, she returned to Dr. Hyppolite for help with her knees.

“My mobility was getting worse,” she explains. “I told him, *I just can't do surgery*. Back surgery was such a horrifying experience for me that I just didn't want a knee operation.”

Dr. Hyppolite suggested an injection therapy called Synvisc® to treat Rose's pain and help her delay or avoid surgery.

“I'm scared to death of needles,” confides Rose, “but Dr. Hyppolite was so gentle and reassuring, I went ahead and had him try it.”

Injection therapy

“If a patient has moderate to severe osteoarthritis of the knee, and has tried physical therapy and conservative treatments such as medications with no results in terms of pain relief, then he or she may be a good candidate for Synvisc injections,” notes Dr. Hyppolite.

“Additionally, patients with severe osteoarthritis of the knee may want to postpone, or decline to have, a knee replacement surgery...either because of multiple medical co-morbidities – cardiac issues, COPD, and so forth – or because they simply elect not to have surgery, as in Rose's case.”

Osteoarthritis is a common problem, and Dr. Hyppolite explains that arthritis of the knee, in particular, can eventually limit a patient's mobility severely.

“With osteoarthritis, there is a wearing out of the joints and a lack of fluid,” says the doctor. “In order to determine whether a patient is a good candidate for Synvisc, we have to go by the patient's clinical signs and symptoms. This patient population usually reports constant knee pain which interferes with their ability to function, i.e., to walk or to stand. They often have to use an assistive device such as a walker or cane.”

Pre-treatment diagnosis is a simple, but thorough, process.

“We take x-rays of the knees to see if they show at least moderate osteoarthritis,” explains Dr. Hyppolite. “In patients with minimal findings on x-rays who report severe knee pain, we may have to do an MRI of the knee...not only to confirm

SOUTHWEST FLORIDA REHAB & PAIN MANAGEMENT ASSOCIATES:

- PAIN MANAGEMENT
- REHABILITATIVE MEDICINE
- PHYSICAL THERAPY
- LCD THERAPY

No more pain

Rose says she's glad she took a chance and let Dr. Hyppolite provide her with these treatments that alleviated her pain.

“I had no pain at all when Dr. Hyppolite did the injections. He did my right knee first, and he did so well, I let him do my left knee,” she reports.

“It's been about a month and a half

SOUTHWEST FLORIDA REHAB & PAIN MANAGEMENT ASSOCIATES

SOUTHWEST FLORIDA NEUROSURGICAL ASSOCIATES

JAMES P. WEINER, MD
ROBERT D. MEHRBERG, MD
PETER S. SCHREIBER, DO
PIERRE R. HYPOLITE, MD



osteoarthritis, but also to rule out other causes of knee pain such as ligament or meniscus injuries.”

Dr. Hyppolite adds that Synvisc is a straightforward outpatient treatment with a high success rate.

“Synvisc is a viscous substance, *hylan G-F 20*, which we inject directly into the knee joint space,” he adds. “It relieves the pain, and the patient will therefore have better range of motion and better ability to stand and walk. We typically see these patients no longer having to use a cane or walker and able to do quite well for at least six months. It's a simple, effective procedure that can be safely repeated, and most patients are very satisfied with their subsequent pain relief and ability to function.”

since my left knee was done, and it has really helped. I know eventually I'm going to have surgery on my knees, but for now, I walk a lot better and faster, and very rarely do either of my knees pop. It's wonderful!”

Rose is so pleased with the care and compassion she receives from Dr. Hyppolite that she has already referred others to him.

“I recommend him to everybody because he's a fantastic doctor. He really cares about his patients, and he explains everything until you understand it. Doctors like Dr. Hyppolite are very hard to find. Everyone should go to him to get these injections in their knees if they don't want surgery.” **FHCN**—Michael J. Sabno



Rose Pierce

FHCN PHOTO BY AMANDA SMITH

Relief at last

The staff at Southwest Florida Rehab & Pain Management Associates and Southwest Florida Neurosurgical Associates welcome your questions and comments regarding this article. For additional information or to schedule a consultation, please call or visit one of their conveniently located offices: in Fort Myers at (239) 432-0774, 12700 Creekside Ln., Suite 301; and in Cape Coral at (239) 772-5577, 632 Del Prado Blvd. North, Suite 101.