



DORR RESEARCH FOUNDATION



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General Information

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New Patient
Appointments

with

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An Artist's View of Operation Walk

by Gayle Garner Roski

My trip to Guatemala with Operation Walk was magical. To observe and document in paint the doctors, nurses and staff was a challenge and new creative pursuit for me. Before there was photography, artists documented the visuals of man's pursuits. I have created sketch books from travels around the world; I have illustrated childrens books; I have even documented my journey in a Russian submersible to see the Titanic 12,500 feet under the sea. Painting the story of Operation Walk in Guatemala was equally challenging and rewarding. To observe the GIFT of 60 volunteers from the USA to repair the knees of 45 Guatemalans – and to observe the joy of giving. Such a rewarding endeavor for everyone. I appreciate the opportunity. Thank you, HUGS and LOVE!



Gayle Garner Roski and the book on which she collaborated with Dr. Dorr.



Operation Walk surgical team volunteers wish you a wonderful holiday season and a very Happy New Year. From left - Kervork Karakhanian, Ray Lopez, Trish Barajas, Mary Ellen Sieben, Sharron Whiteley, Jean Jcas and James Azagra.

www.drdorr.com



Dr. Paul K. Gilbert

Robotic Surgery is a Smart and Accurate Tool

by Dr. Paul K. Gilbert

I never get tired of talking about computers and robotics in orthopedic surgery. So forgive me for this update. I just had a patient follow up with me six weeks out from partial knee replacements on both knees. He had

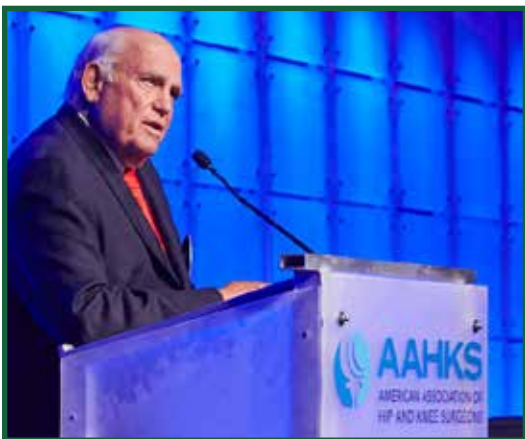
a successful trip to Canada and one to North Carolina since his surgery. No pain pills, he is back in the gym and working toward strength and endurance.

My experience is that the robotic surgery with its accuracy and allowance for minimal soft tissue trauma contributes significantly to this rapid recovery. Partial knee replacements, when done correctly and when done on the right knees, is the berries.

So, what's next? I am now certified and have the hardware and software to do robotic total knee replacements. I have done thousands of computer navigated total knees, which is a more passive system. The next evolution, robotics, gives me a smart, accurate tool to prepare the bony surfaces for the replacement implants. I still run the saw, but it is in concert with the robot guiding my hand.

We do a CAT scan of the patient's leg that is programmed into our computer. We then plan the surgery based on the patient's anatomy from spine to foot. Not every knee is the same, so this planning is critical to achieve a balanced, comfortable knee for the individual. The robot helps me execute that plan with speed and a minimal amount of soft tissue trauma.

Knee replacement is daunting. Our team continues to work hard to not only improve outcomes, but to make the experience as worry free as possible. Google *Mako Total Knee* to learn more.



Congratulations, Dr. Dorr!

AAHKS (American Association of Hip and Knee Surgeons) wishes to congratulate Lawrence D. Dorr, MD on receiving the 2017 AAHKS Humanitarian Award. Dr. Dorr received the award in recognition of his founding role and continuing participation in Operation Walk missions.

The AAHKS Humanitarian Award recognizes AAHKS members who have distinguished themselves by providing humanitarian medical services and programs with a significant focus on musculoskeletal diseases and trauma including the

hip and knee in the United States or abroad.

Nominations for the 2018 AAHKS Humanitarian Award are now being accepted through April 15, 2018 at www.AAHKS.org/Humanitarian.

Operation Walk USA

“Why do you operate on people in other countries, when we have so many people right here in the USA that don’t have health insurance or money to afford joint replacement surgery?” We are asked this question often, and in fact, we DO operate on our fellow citizens annually during Operation Walk USA! This program takes place the first week of December each year.

Since 1999, Dr. Dorr has operated underserved patients in Los Angeles through the generosity of our local hospitals. As our Operation Walk International teams grew, they also worked on taking care of local citizens. Operation Walk USA was born five years ago, as surgeons across the USA volunteered to operate at their local hospitals.

Any patient in need can go to Opwalkusa.org and sign in to the patient portal. The portal opens in March each year, and patients are matched with volunteer surgeons in their area for screening. Patient selection is made in September, and surgery is performed in December. Below are profiles on two recipients from Los Angeles in 2017, along with their concerns and wishes pre-surgery.

Lisa Gaeta, 55, West Hollywood, California
Dec. 4, 2017 – left knee replacement
D. Paul K. Gilbert, Keck Hospital at USC,
Los Angeles

Lisa Gaeta has always been a dreamer. She knew from a very young age that she wanted to pursue a career related to lobbying or closely tied

to women’s issues. When in graduate school, she was introduced to a program now called IMPACT Personal Safety, eventually started an LA chapter and has dedicated her life to teaching and empowering others to defend themselves from different life situations. It’s just the kind

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Operation Walk Benefits from Socktober by Jeri Ward, R.N.

While shopping for cards at Amy’s Hallmark in Manhattan Beach, CA, I was chatting with a salesperson and our conversation drifted to Operation Walk. When I explained what our non-profit did, he said “Oh! You would be a great benefactor of Socktober.” For the months of October and November, they were asking their patrons to donate a pair of socks with each purchase, to benefit a person in need. On our Operation Walk missions, patients are usually in need of shoes and socks. This would be a fun match for all of us.

On November 30th I received a call that over 60 pair of socks had been collected. The socks had inspirational messages printed in non-skid material. They will be perfect for our post-op patients in Nicaragua in March 2018.

Thank you to all who donated, and to Shawn Regis, Store Manager, for thinking of yet another way to help Operation Walk.



A Family Adventure in Costa Rica *By Lisa Fujimoto, P.A.*

My children are four and six years old, and we take them on frequent travels to expose them to the world and broaden their horizons. This past October, we went to Costa Rica. Because of their fascination with nature and with exploration, it was a perfect place for them to study the wide variety of wildlife and tropical plants. We stayed at a resort in San Gerardo de Dota, which is located in the remote mountains, in a tropical cloud forest at a high altitude of about 7,000 ft. above sea level. We love adventures, but mother nature had a different adventure planned for us.

On our second night in San Gerardo de Dota, we could hear the storm progressing. The rain was coming down at a 45 degree angle, rather than just straight down. There were several loud knocks on our cabin door in the middle of the night. The manager told us our safety was of top priority, and we needed to move to another cabin immediately. We were a little perplexed, but soon realized what was going on. With lanterns in hand, we transported our sleeping children to a higher cabin, with the rain pelting us and the wind howling. We soon learned it was Tropical Storm



Tropical Storm Nate made many roads in Costa Rica impassable.

Nate, barreling through Costa Rica, and we were placed on red alert. We lost electricity, communication, running water, and gas.

The next morning, we were told that the roads out of the mountains were damaged and blocked. The famous Pan American Highway was also damaged.

We were in a valley, and the storm caused large trees to fall, mud and landslides to occur, roads to crumble, and rivers to cut through structures. There was a mudslide that completely took out one of the cabins. Our

family of six (including the grandparents), two French tourists and 15 staff members were stranded, but we were safe. The staff cooked us food on wood-burning ovens, and we ate with candlelight. We collected rain water for the toilets.

The second day without electricity, water, or gas, the manager heard helicopters were delivering food and supplies to the nearby towns. So with help from the staff, we trekked through knee deep mud and debris, crossed damaged bridges, fallen trees, and over the raging Saverre river. This was the way

to get to a soccer field at a camp with enough clearance for a helicopter to land. There was, however, a woman who was 39 weeks pregnant and an elderly lady who took priority over us. So we waited patiently while the children made us of the time exploring, until sunset. We sadly returned through the same trail back to the resort. The two French tourists hired a private helicopter, and were flown out shortly after sunset.

The third day without electricity, water, or gas, the owner of the resort was on his way from San Jose to look at the damage. We planned that could either take a ride back with the owner into town, or hire a private helicopter. The owner even gave up part way, and turned back around because of the road blocks. We received word that our tour guide friend and his driver were on their way to rescue us. At one point, it looked like all options in alternate roads were exhausted. They were told to turn back around. The driver pulled over to contemplate, as they came all

this way. All of us sudden, like an angel, a truck pulled up next to them. The truck driver motioned, "Follow me. I know of another way down." They drove through extremely narrow roads, to drive as far down the mountain as possible.

With the help of the staff, who carried all of our luggage, we hiked through extensive trails in the lush, dense forest and crossed bridges to get to the accessible road where the driver was.

Miraculously, we made it back to the capitol, San Jose, driving through many alternate routes (they use the app Waze in Costa Rica!) and witnessing the damage. We had just enough time to take a well-deserved hot shower, charge our cell phones, have dinner, and make it to the airport early in the morning.

After we parted ways with the staff, they resumed rebuilding and repairs. We were thankful for the staff at the lodge, our driver and tour guide, and the truck driver angel. We later heard there were two buses

filled with people who were trapped between a landslide on both sides of them for 42 hours.

In the end, we were able to experience the true sense of comradery. Analogous to our Operation Walk trips, there were no hierarchical lines, everyone was equal, with the same goal. Everyone pitched in to help, and we were all "in this together." My husband also stepped in to do repairs at the resort. He witnessed six men carry a motorcycle that was stuck in the mud to safety. On this trip, we all learned valuable lessons in humanity, and we were even able to experience the rare sighting of several quetzals, and the kids fished for trout. The children did not think anything was abnormal, and my daughter even asked if we could do the "obstacle course again."

We are now on our way to planning our next adventure.



Madison and Ty examining a local lizard.



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You can follow Operation Walk surgical missions on Facebook.

We are on Twitter @OPWalkLA



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of person she is. Despite years of chronic knee pain from injury and wear & tear she didn't slow down. She even found time write a book, *The Safety Godmothers: The ABCs of Awareness, Boundaries and Confidence for Teens*, that she self-published with her co-author, Ellen Snortland, in 2014. And, she is an associate producer of a recent documentary on self-defense titled *Beauty Bites Beast*.

Lisa has been dealing with knee issues for most of her life. It has affected her ability to teach self-defense, to practice martial arts, bike, work out at the gym and enjoy general mobility. She tore her meniscus in her left knee from a skiing accident more than thirty years ago, had it repaired and then underwent ACL reconstruction in 1995. She persevered and was able to complete the LA AIDS ride covering hundreds of miles in 2000. Ever since then she's been on a decline and especially in the past five years. She now walks with a cane and has been significantly restricted in movement and any kind of physical activity.

"My concern has been that I won't be able to teach," she says. While I may not be able to fight full-force – where we fight padded assailants in realistic scenarios and practice proper self-defense techniques – I just always have to be able to teach. Traveling has become harder and is part of the job."

Through the kindness of a friend who mentioned her situation to his orthopaedic surgeon, Lisa heard about Operation Walk USA. Another friend submitted a nomination and Lisa will have her left knee replaced by Dr. Paul K. Gilbert at Keck Hospital on December 4. Despite her commitment to her career, she hasn't been able to afford insurance.

She cried when she got the news. It is no surprise that the night after she learned she qualified for surgery that she dreamed she was galloping through the hills – a big smile on her face. "Hearing about this program is a tremendous relief," says Lisa.

Through the kindness of a friend who mentioned her situation to his orthopaedic surgeon, Lisa heard about Operation Walk USA.

"I just want to be able to walk again, to keep up with my friends and feel better. I need to keep doing my work, I'm not done and I have so much more to give. My parents were always my biggest supporters, even when times were tough, she says. "You can't quit now," her mom would say, "just keep going."

And going she is: friends and family will help her post-surgery and she's then planning a holiday trip to Oregon to visit a friend. Each New Year's Day, she and her friends have had an annual tradition of walking up the hill to the Hollywood sign but she hasn't been able to do that for years.

She should be able to visit that sign again soon.

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Pedro Lopez 52, Van Nuys, California
Dec. 8, 2017 – left hip replacement
Dr. Lawrence Dorr, Keck Hospital at USC,
Los Angeles

Pedro Lopez has always persevered. Originally from El Salvador, he followed his family to the United States at the age of 14, mastered English, followed his uncle into the truck driving profession and today has his own business making local deliveries throughout the Los Angeles area. He married his wife Mercedes from his hometown but didn't meet her until arriving here, and together they raised two foster children who now have children of their own.

Throughout all of this, and since the age of six, Pedro has dealt with severe left hip pain. His left leg stopped growing at that time and became shorter and thinner than the right. He has spent more than four decades trying to manage it, seek care, reduce pain and still lead an active life. In his youth he enjoyed soccer, hiking, bike riding, swimming and other sports. He hasn't been able to do them for years. Driving the truck causes pain and yet he perseveres. "I sit all the time in a big rig and it is painful. I have a clutch and it is applied with my left leg and increasingly hard for me to do."

So much so that he kept trying to find a medical solution. He couldn't afford surgery but kept looking and looking – even going to Mexico for treatment. One day, while browsing the internet he read about Operation Walk USA.

He applied and qualified. He still gets teary about it when he talks about his plans after hip replacement on Dec. 8. He'll be under the care of Lawrence Dorr, MD at Keck Hospital. "Dr. Dorr is a wonderful person," says Pedro. "I literally jumped for joy when I found out and I know I am in the best hands. I am walking on clouds right now."

Mercedes has been his constant and consistent companion, knowing after all these years just want to do to relieve pain, to help Pedro and to adjust to his worsening health situation. Until now.

"We have been praying for this for so long and it is finally here," said Pedro. "She knows how much pain I've gone through. We are both excited for me to learn and adjust to what is normal."

"I am so grateful and thankful for all that is happening in my life. You have no idea how

much the surgery means to me and how many limitations I've had and will now be fixed.

"I can't wait to go hiking and walk in the hills, be in nature. I want to play soccer, bike ride – all the things I did as a child."

And speaking of children, his foster children surprised him on his birthday on Nov. 5 and told him that they had arranged for Mercedes and him to join them for a family holiday in Northern California where they will share Christmas and New Year's together.

Pedro's perseverance has paid off.



***Pedro Lopez practices stairs
just four hours after hip
replacement surgery.***

Stitches for Steps *by Jennifer Okuno P.T.*

Happy holidays to everyone!!! We thought we'd join the physician's assistants and take up sewing. But, instead of stitching up incisions, we decided to sew bags to raise money for our next Operation Walk trip.

We are selling a limited supply of each of the following bags... So first come, first served. Our designs include:

For sports enthusiasts –

• USC • UCLA • LAKERS • DODGERS

For non sports enthusiasts –

• DOLLS • HEARTS

Each bag measures APPROXIMATELY 8" (L) x 5" (H) x 3" (W). Perfect for makeup, cell chargers and any other fairly small accessories.

All of the money raised will go toward Operation Walk.

Please follow these instructions if interested:

1. Email Jeri Ward at jeriopwalk@yahoo.com with number of bags and which design(s).
2. You will receive a reply indicating if bags are available.
3. Once availability is confirmed, please provide a shipping address and send a check payable to Operation Walk. Each bag costs \$15 and this will include shipping.

Thank you very much for your donations and helping those who will continue to benefit from Operation Walk.



Jennifer Okuno shows off some of the bag designs.