

an alternative solution to relieve pain, improve range of motion and maintain an active lifestyle," Sticha explained.

Niehoff, 33, said her recovery went really well and now, about two years post-surgery she's able to do more exercises on land that she couldn't do before.

"I can jog, jump and hop on the injured foot. Those are all things that I was unable to do since the injury," she said. "While golfing, I am able to walk up and down hills and on uneven ground. I waitress at night, and I am able to leave my shift and not be in any pain. I love it!"

This X-ray image shows a lateral view of an implanted INBONE Total Ankle prosthesis. The titanium and cobalt chrome components are separated by a space, which is actually a plastic spacer. (Contributed)

Dr. Russell Sticha, Surgeon

Lindsay Niehoff, Patient

Talk about it

"The biggest advantage this ankle replacement offers is the ability for the surgeon to select younger

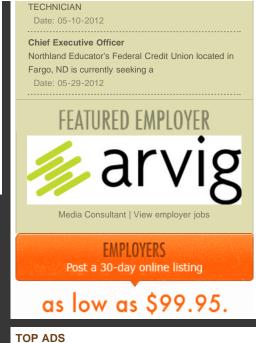
PRACTICAL NURSING FACULTY PRACTICAL NURSING FACULTY Full-time unlimi Date: 05-17-2012 **Grant County Ditch Inspector** Grant County Ditch Inspector Grant County, Date: 05-03-2012 **Behavior Therapist** PT Behavior Therapist Needed in the Dulut Date: 05-11-2012 Avaya/Nortel Telecommunication Technician AVAYA / NORTEL TELECOMMUNICATION

more active patients for this surgical procedure," Sticha said. "Traditional ankle replacements were limited to older more sedentary patients and required fusing the two bones above the implant to gain stability for the implant, a technique we refer to as horizontal fixation. The INBONE Total Ankle System allows the surgeon to maintain the integrity of the surrounding anatomy of the ankle."

Approximately 30 Heartland Orthopedic Specialists patients have now undergone successful total ankle replacements with the INBONE Total Ankle System.

Niehoff said, "I do wish I would have taken care of it sooner. I am glad that I did this and would do it again in a heartbeat. However, I don't plan to break the other ankle."

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