



# GETTING OFF THE CRUTCHES & BACK ON THE ICE

## A GAME-CHANGING ORTHOPEDIC SURGEON GIVES A HOCKEY-PLAYING PATIENT A SECOND CHANCE TO PROTECT THE HOUSE AND RESTORE HIS HEALTH.

Having been a collegiate level hockey player at University of Maryland, Baltimore County and now a skilled physical therapist, Joe Federline knows a thing or two about injuries. But even he wasn't prepared for what was to come when a family outing at a trampoline park left him with a ruptured tendon in his knee in 2018. "My injury was not your standard avulsion fracture where the tendon pulls the bone away," explains Federline. "It was a unique injury that required a unique approach to care."

Five months after undergoing surgery to repair the rupture, Federline knew his body wasn't responding the way it should be, especially since he was following his surgeon's advice, researching healing methods and adhering to his recovery regimen. "My surgeon kept telling me the pain was in my head and I was healing slowly, but something didn't feel right," explains Federline. "After a follow-up MRI, it was clear that my tendon was deteriorating."



*After a ruptured tendon, Joe Federline wasn't sure he would ever play hockey again.*



*Craig Bennett, M.D. (right), consulting with Sam Thompson, ATC (left). Dr. Bennett oversees a team of specialists at the LifeBridge Health Sports Medicine Institute.*



*Federline is back on the ice and sharing his love of hockey with his family, thanks to Dr. Bennett.*

Looking for a second opinion, Federline visited several surgeons. While some recommended total reconstruction and others warned of a possible amputation, Federline finally felt at ease when he met orthopedic surgeon Craig H. Bennett, M.D., co-founder and medical director of the LifeBridge Health Sports Medicine Institute and sports division head of the Rubin Institute for Advanced Orthopedics (RIAO). “When I first met Joe, I could tell he’d been through a lot,” shares Dr. Bennett. “I sat him down and walked him through the entire process so that he understood how this surgery would be different.”

“**Dr. Bennett saved my knee.**”

*Joe Federline*

Under Dr. Bennett’s advice, Federline had to wait three months for his second surgery—a result of receiving a cortisone shot in his patellar tendon from his first surgeon. “A cortisone injection can increase infection risk for a period of time,” explains Dr. Bennett. “I assured Joe we were going to do this surgery right and get his health back on track.”

After reconstructing Joe’s quadriceps tendon, the attentiveness from Dr. Bennett and his team did not halt. Federline worked directly with the doctor—learning techniques like blood flow restriction training to regain his strength—and even texting Dr. Bennett about health questions as they arose.

“The goal for orthopedics at LifeBridge Health is to provide various access points for patients, so they’re comfortable for what comes next after their surgery,” explains Ronald E. Delanois, M.D., the Jerome P. Reichmister, M.D., Endowed Chairman of Orthopedics at RIAO. “We prepare them for the journey, and then we lace up our boots and walk with them every step of the way.”

And Joe Federline can certainly attest to that. “For a long time, I felt alone—fearing I’d never be able to function normally again,” he says. “It was the support of my family and the total dedication from Dr. Bennett that got me through this rough patch. Dr. Bennett saved my knee.”



## GET YOUR HEAD IN THE HEALING GAME

**Find your team of health champions at the LifeBridge Health Sports Medicine Institute. To learn more, visit [lifebridgehealth.org/sportsmedicineinstitute](http://lifebridgehealth.org/sportsmedicineinstitute)**

*Ronald E. Delanois, M.D.*

