



ORTHOPAEDIC  
& SPINE CENTER  
Open MRI Center

# **EXPERIENCING OSC:**

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## Stories from our Patients

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The physicians and staff at Orthopaedic & Spine Center (OSC) are committed to providing our patients with the highest quality of care at every level of service – from the moment a patient enters our facility for the first time, through the completion of surgery and recovery. We are proud to share stories that our patients have written about their treatment success, provided by the doctors, therapists, and staff at OSC.

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## Martin R. Coleman, M.D. - Shoulder Replacement

Last year, I had left shoulder replacement surgery performed by Dr. Coleman. My recovery was such, that in 10 days, I was back at work. After starting PT at the OSC office, my range of motion improved, and much of the pain subsided.

My last visit with Dr. Coleman was a few months after, and both he and I were very pleased with the progress I've made over the last 6 months. Dr. Coleman's down-to-earth attitude and continuous encouragement were important factors in my recovery.

***- Ann Mebert***





## Boyd W. Haynes, III, M.D. - Triceps Repair Surgery

Recently, I underwent surgery for a torn triceps muscle. At the time of my examination, Dr. Haynes indicated that if left untreated, the condition would worsen. I was scheduled for surgery the following day as an outpatient. The procedure took approximately 30 minutes. I had full mobility of my arm within 2 1/2 weeks following the surgery.

I have never had this kind of recovery for any of the other procedures that I have had in the last 10 years. I would highly recommend Dr. Haynes for any orthopedic procedure.

***- Robert White***



## Jenny L. F. Andrus, M.D. - Pain Management & Physical Therapy

I visited Dr. Andrus for extreme pelvic and hip pain associated with lower back problems. I initially received an injection to relieve the pain in my hip. The injection was not effective for me.

Rather than receiving another injection, I elected to visit Dr. Andrus for pain management. She immediately identified the specific area in my lumbar spine causing the pain in my pelvic and hip areas. She recommended physical therapy, which included lumbar traction and various exercises for my ailing areas. What a difference this has made. My pain levels on the pain scale dropped from a constant 10 to a 2-3. What a difference.

If you can love going to a doctor, I'll have to say I love going to Dr. Andrus and OSC. Dr. Andrus is a dedicated physician and a personality that makes you want to go back to see her. She's the best! Dr. Andrus listens to you when you discuss your problem(s) and finds a way to make you feel comfortable for whatever your treatment plan might be. Her entire staff and the staffs at OSC (proper) and the Physical Therapy section are absolute professionals, knowledgeable, and so warm and welcoming. I believe this is a reflection of the leadership at OSC.

**- Harriet Hoagland**



## Raj N. Sureja, M.D. - Spinal Cord Stimulator for Pain

I was referred to Dr. Sureja for chronic foot pain due to Neuropathy. After finding a combination of non-narcotic pain medicines, I began to get relief in my feet.

I have always had back pain. After several epidural injections, Dr. Sureja referred me to Dr. McFarland to discuss the possibility of receiving a Spinal Stimulator implant. At that time, I was unable to stand up straight. I went with the implant and knew as soon the temporary implant procedure was done that the permanent implant would be successful.

That was several years ago and the stimulator has changed my life. The follow up care with Boston Scientific is awesome. You call and within a day they can adjust the settings. Thanks to Dr. Sureja and Dr. McFarland, I now have a better quality of life and can enjoy retirement.

***- William Kranz, Jr.***



## Boyd W. Haynes, III, M.D. - Carpal Tunnel Release Surgery

I was diagnosed with carpal tunnel about four years ago and only being in my twenties, I thought it was something that would go away over time. It had finally gotten to the point where I couldn't sleep through the night or work with my hands without having shooting pain and numbness throughout my entire arm.

Dr. Haynes operated on my wrist and within 3-5 days, I was able to get back to doing just about anything, from playing tennis to woodworking and drawing. The pain from the surgery was minimal and I only took the prescribed pain medication for about a day.

I would recommend this surgery and Dr. Haynes to anyone suffering from carpal tunnel.

**- Leah Schaffer**





## Mark W. McFarland, D.O. - Spine Surgery

About a year ago, I went to Dr. McFarland's office for the first time. I was suffering from pain in the back, legs, and feet. My regular doctor referred me to him because he thought I was suffering from sciatica nerve. Dr. McFarland told me that I had spinal stenosis. I had three choices: Physical Therapy, Pain meds, or Surgery.

He did not rush me to make a decision. He let me do what I want instead of pushing me into something I was afraid of (which was surgery). I tried the first 2 choices and they did not work for me. So I had the surgery. It was the best decision I made. I have my life back, pain free. This office staff and my doctor put it all together and made my life worth living again. My husband and I are retired and now we are able to do things – before a simple walk or standing was unbearable. I can play with my grandson again. Thanks to all the staff and most important, Dr. McFarland. Also, Shelly is a blessing to me!

**- Pamela Ausborn**



## Boyd W. Haynes, III, M.D. - Carpal Tunnel Repair Surgery

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***- Leah Schaffer***



## John D. Burrow, D.O. - Hip Replacement

Nine days after a total hip replacement, I am pain free, walking normally without my previous limp, and sleeping, pain-free, all night.

After seven months of progressively worsening pain, I found I was unable to walk even short distances without the assistance of a walker. On a scale of 0 to 10 with 10 being the worse, my pain level was 8 to 10 every day. I was depressed that I could no longer walk to the mailbox; my pain severely limited my previously active lifestyle.

I am 72 years old and far from completing the numerous items on my bucket list, I refused to accept the physical limitations of arthritis. As a retired RN, I reviewed contemporary surgical procedures, highly-qualified orthopedic surgeons, and well-equipped medical facilities with the lowest incidence of postoperative complications. My research revealed Dr. John Burrow, a brilliant young surgeon, schooled at the finest medical schools in the country, who possessed skill, expertise, and hands of an artisan.

***- Joyce S. Britt***



## Jeffery R. Carlson, M.D. - Spinal Fusion (Neck)

Dr. Carlson performed a fusion on 3 vertebrae in in my neck. I suffered from a pinched nerve, which caused pain and numbness throughout my right arm. The pinched nerve was a result of arthritis.

After the fusion, I immediately felt relief. I have not experienced any after effects of the surgery. Even though I can see the implant on x-rays, I cannot tell that there is anything different, including my ability to move in any direction.

Dr. Carlson did a great job and relieved all my symptoms!! After surgery, I followed all the instructions and healed just fine. I highly recommend OSC to anyone!

**- Kathleen Mack**





## Jenny L. F. Andrus, M.D. - Pain Management

I must tell anyone/everyone reading this that Dr. Andrus' listens carefully to your problem(s), and works extremely hard to identify the problem(s).

I have had problems with lower back pain for several years, that really bothers me after a trip, or often just with everyday life. Also, recently I have had pain in my right shoulder and arm, apparently coming from my neck. Dr. Andrus gently... ever so gently gives me the shots I need, in all right places, every time, and in just a few days, I feel WONDERFUL!!

My treatment has been right on target, I rate Dr. Andrus a 10!!! She is AWESOME!!!!!!

P.S. - Also the nurses that help with these procedures are really sweet, yet professional!

***- Jerrie D. Dziechciarz***



## Martin R. Coleman, M.D. - Reverse Total Shoulder Replacement

I have an extensive background as a collegiate and professional athlete. At 64 years old, I still compete in triathlons, cycling and swimming events. All of which require utilization of the shoulders. Over 50 years of training and competing, I totally damaged my left shoulder. I was referred to Doctor Coleman as if not one of the best, "the best" shoulder doctor and surgeon in Hampton Roads. I had major concerns about the ability to continue my life-style of training and competing. After several consultations and appointments, and Doctor Coleman's ability to understand the importance of me continuing training and competing, he highly recommended total reverse shoulder replacement.

After the surgery was performed and very successful. Only 10 days after surgery, I cycled 20-miles, after 16 days, I swam 1,000 meters and continued to train for the 2014 season. Swimming requires a tremendous amount of shoulder usage. A year after the surgery, I swam 131,550 meters and look forward to the future seasons. Shoulder replacement is an enhancement to your life style, not a disability.

**- Alonzo "Lonnie" Crittenden**



## Jeffery R. Carlson, M.D. - Knee Replacement & Spine Surgery

A few years ago, I was having pain in my legs. It was interfering with my favorite pastime, tennis. Liking the atmosphere of the practice, having been treated satisfactorily by Dr. Haynes earlier, I sought out a spine specialist, Dr. Jeffrey Carlson. Upon being evaluated, x-rayed, trying anti-inflammatory meds, etc. it was determined that my back and knees were showing bone deterioration and arthritis. Taking care of the knees seemed to take priority.

In 2007, when I was 68 years old, and 2010, I had knee replacement surgery. In 3 months, after each surgery, I was back playing tennis and free of pain. Mobility continued to improve and I have been free of knee pain since.

In 2011, we got back to the back problem. Dr. Carlson operated, rehab followed. True to experience, I have returned to tennis and all activities on my calendar, all the while being pain free. I am a believer in the skills and experience of a good doctor. OSC has taken care of me many times. Dr. Carlson and his coworkers have my recommendation.

***- Nancy Sandford***



## Robert J. Snyder, M.D. - Total Knee Replacement

It is 6 weeks today since my total knee replacement and I am absolutely pleased with the results. I will be back on the golf course next week! Dr. Snyder's approach to pain management was awesome! Dr. Snyder uses the ConforMIS Knee Replacement System.

**- Ava Sparrer**





## Raj N. Sureja, M.D. - Pain Management

Prior to returning to Virginia, I was being treated by a doctor in Oklahoma for severe full body pain. She started me on methadone and similar narcotics. After trying several different types of pain medications, I ended up taking oxycontin for over 5 years. I slept most of the time and was very lethargic. I was sleeping my life away.

I started seeing Dr Sureja at Orthopaedic and Spine Center in August 2009. He immediately started weaning me off all pain medications that I had been taking. As he did this, we started trying other medications that were more suited for my pain. I am now completely off oxycontin and actually look forward to each and every day. I no longer stay in bed for days at a time. I have my life back! Dr. Sureja treats the source of the pain, instead of trying to mask it. I can't say enough good things about Dr. Raj Sureja!

***- Patsy R. Cutler***



Boyd W. Haynes, III, M.D. - Arthritic Hands

Dr. Haynes has been following me for several years for my arthritic thumbs. Yes thumbs. The last few times I saw Dr. Haynes, he would always laugh and say 'I can fix that permanently'. A few months ago, I had my left hand done, went through 4 weeks of Hand therapy and doing great. And in fact, I'm having my right hand done soon!

My only regret so far is not doing this sooner. By spring gardening season I should be good to go. Thank you Dr. Haynes and his wonderful staff.

***- Katherine Howard***





## John D. Burrow, D.O. - Total Knee Replacement

I have been dealing with a very painful knee for many years. The first injury occurred in 1962 and there were multiple injuries since that time, during which I underwent knee arthroscopy 5 times. The discomfort had reached the level, where on several occasions while traveling with my wife and groups, our plans had to be changed, as I was unable to leave the ship or hotel room.

When my Baker's Cyst began to drain, I met with Dr. John Burrow. He addressed with me the risk I was taking for a blood clot and advised that I get a total knee replacement ASAP. While meeting with him prior to surgery, I expressed my concerns about the duration of recovery time. He explained all and advised me this would be uncomfortable, but he felt that I was motivated enough to possibly return to work in 4 weeks.

I am pleased to say-I returned to work in 2.5 weeks post-op, at which time I was able to return to veterinary surgery. I am now without discomfort in my knee. I can go up and down stairs normally alternating steps which I could not do before surgery. Also, I can stand upright from a chair normally. I cannot be more pleased with the outcome from my total knee arthroplasty.

***- Andy Murphie Sr., DVM***



## Jenny L. F. Andrus, M.D. - Non-Surgical Procedures

I see Dr. Andrus for two issues. One is my foot that causes tremendous pain and the other is the sacroiliac problems in my back. I have had injections by Dr. Andrus and each time she is so gentle when giving the shots. I'm usually surprised when she says she is finished. Dr. Andrus also has an excellent staff that works with her. They are professional, helpful, and always cordial during office visits.

My favorite part about Dr. Andrus is that she has not given up in helping find treatments for my back. I have seen other Doctors and they told me they didn't know what else to do. With Dr. Andrus, if one thing doesn't work, we move on to something else. Our next step is Prolotherapy and we are hoping that this does the trick. She is always so knowledgeable and also kind and compassionate every time I see her for an appointment. Thank you Dr. Andrus and staff for being the BEST!

**- Angela Rowe**



## Boyd W. Haynes, III, M.D. - Direct Anterior/Jiffy Approach

I had my left hip replaced a few summers ago, and had a very good recovery. I came home the same day, had minimal discomfort and I was able to drive within 3 days. Dr. Haynes felt I would have a couple of years before my right hip would affect the quality of my life.

Then, I had the right hip replaced. I knew what to expect this time. Same great outcome.

I am very happy with my recovery. I am a nurse and was familiar with the posterior approach for hip replacement. The recovery period was much longer and with more precautions. When I researched the anterior approach and patient's outcomes, it was an easy decision. No regrets.

**- Vanessa Wood**





## John D. Burrow, D.O. - Anterior (Jiffy) Hip Replacement

My name is Susan Simmons and I am 59 years old. I would like to thank Dr. Carlson for recommending Dr. Burrow for my anterior hip replacement.

Dr. Burrow is "AMAZING". I had an overnight stay at Mary Immaculate Hospital. I came home the following morning PAIN FREE. My 2nd day home, my home care nurse came and asked "what's my pain level?" She was shocked when I said it was a "0"... I only had some minor discomfort. All my unbearable pain was in the past, 2 years earlier... I used my walker for 2 days as my safety net. I carried my cane for about a week.

After my 2 week follow-up, I was driving and back to doing my yard work.

It's a wonderful feeling to be "PAIN-FREE"! I only wished I hadn't waited so long to have the surgery... LIFE IS GREAT AGAIN... THANK YOU, DR.BURROW!

**- Susan Simmons**



## Boyd W. Haynes, III, M.D. - Partial Knee Replacement

I am a retired Marine that loves hunting and fishing. Though, a couple years ago, I found it extremely painful to enjoy my retirement doing the things I love most. This was due to the pain I was having with my right knee. My wife suggested I see Dr. Haynes. I had been to other orthopedic doctors in the past and had cortisone injections that only helped for a very short time.

Dr. Haynes was able show me the anatomy of how my knee was hitting bone on bone. He suggested a partial knee replacement. I was very hesitant, since I had never had any type of surgery in the past. Dr. Haynes took the time to explain everything thoroughly. Though the recovery was difficult for the first couple of weeks, I now have full range of motion and I am pain free. Dr. Haynes and his staff gave me my life back. The deer and fish better watch out, cause Johnny Lee is back is full mode!

***- John L. Davis***



## Jeffery R. Carlson, M.D. - Lumbar Spine Fusion

I recently had a 2 level, bi-lateral lumbar spinal fusion (L4-L5,L5-S1) performed by Dr. Carlson (April 2015). After 2 unsuccessful surgeries with a different Orthopaedic Surgeon, I was referred to Dr. Carlson. I cannot say enough wonderful things about him and the entire staff at OSC.

Dr. Carlson was very thorough in his review of my case and in making his diagnosis and recommendations. After conducting 2 different diagnostic tests to determine the likelihood of a 3rd surgery improving my condition, Dr. Carlson presented multiple options for treatment and I chose to move forward with surgery. Everything from the scheduling process, to the procedure itself, to the follow-up went very smoothly and with no complications.

After suffering for 2 years in severe, debilitating pain, I want to thank Dr. Carlson and his staff for everything they have done for me, and continue to do in my recovery. A very pleasant experience from start to finish and I highly recommend Dr. Carlson and OSC.

***- Robert G. Campbell, Jr.***



## Mark W. McFarland, D.O. - Spine Surgery

I am 77 years old. I had two failed back surgeries, November 2008 and January 2009. I was recommended by Dr P.A. Hoyt to see Dr. McFarland. Dr. Mc Farland saw the problem immediately. Knowing how dubious I was to have another surgery Dr. McFarland was so patient and understanding, I did have the surgery February 2010. It was a success I can hold my 8 month old great granddaughter (which I could not do before). Dr. Mc Farland is my "HERO".

I have recommended OSC to everyone and in my age group there are a lot of people needing your services. Thank you for all you do.

**- Lemyra Riley**



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OSC, located in Newport News, Virginia, is a full-service orthopedic practice with 32 patient exam rooms, three x-ray suites, a Lunar DPX Bone Densitometer Room, an Open 1.2T Magnetic Resonance Imaging (MRI) Center, and a Physical Therapy Center on campus.

OSC physicians have full staff privileges at Mary Immaculate Hospital and Riverside Regional Medical Center and active clinical staff privileges at Peninsula Surgery Center.

Between 8% and 12% of OSC patients have surgery annually, while the rest are treated with conservative approaches.

To learn more, visit [www.osc-ortho.com](http://www.osc-ortho.com).

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