


R. J. ROSENBERG



PROSTHETIC UPDATE

C-Leg Lets RN Meet Demands Of ER

Twenty five years ago Jeff Lewis was brought to the emergency room of Fort Hamilton Hospital having just had his leg traumatically amputated in a traffic accident. Today, he's a registered nurse working in that same emergency room.

In August of 1980, Jeff and a friend stopped to help the driver of a disabled Volkswagen. Since the Volkswagen's engine was in the back, Jeff never saw the car that plowed into him, trapping him between the two cars and resulting in the amputation of his leg above the knee.

It had been dark and rainy, and the driver of the car that hit him had been drinking. But there was some good luck, too. Jeff's friend had the presence of mind to take off his t-shirt and tie a tourniquet around Jeff's leg, saving Jeff's life.

At the time of the accident, Jeff had been involved in construction and other outdoor work involving a lot of physical labor. Since he couldn't do that type of work after the accident, Jeff decided to go back to school and earn a degree in mental health.

After earning his degree, he worked in the psychiatric ward at Fort Hamilton Hospital for 12 years and then went back to school to become a registered nurse. As an RN, he worked in the cardiac ward for one year before transferring to the emergency room, where he's worked for the last six years.

An ER nurse is one of the most challenging and interesting positions in the hospital, Jeff said. "There's so much more variety. On the flip side, it's so much more stressful. You never know what's coming through the doors."

It's not only stressful, but physically demanding. While others don't see his amputation as a factor on the job, Jeff would feel pretty fatigued after his 12-hour shift.

"In the ER, I'm constantly on the move. People make fun of me because I never sit down."

But since Jeff got his C-Leg about a year ago, that part of the job has become easier.

"I don't get nearly as tired from all the walking," Jeff said. "That's the biggest thing I noticed with the C-Leg."

His first definitive prosthetic leg was fairly standard, Jeff said. It



No terrain stops a very active Jeff Lewis hiking in Maui.

had a hydraulic cylinder and a rotator on the ankle, allowing more natural movement. One of the biggest advances at the time, Jeff remembers, was the Seattle Foot, an energy-storing prosthetic foot. It was adequate, but left Jeff feeling fatigued after his long shifts.

Then, about a year ago, Rich Rosenberg introduced him to the C-Leg and Luxon Max Foot. [See related story on the C-Leg.]

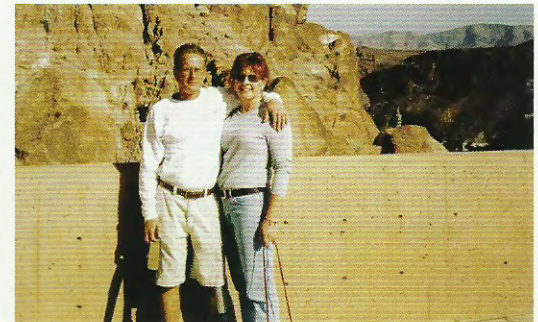
"I had to learn to trust it," Jeff said. "With my previous leg, I could never really trust the hydraulics. I had to be constantly aware of its limitations and always be on guard for it buckling or locking up. I especially had to be cautious going down stairs, inclines, and on uneven terrain."

"With the C-Leg I don't have to worry about that. I feel much more comfortable. The biggest change is not having to think about it every time I put my foot down. There's a great sense of security. I also don't feel as fatigued at the end of the day. It's much easier for those 12-hour shifts."

Yet, Jeff almost didn't get a C-Leg. "I had heard of C-Legs," Jeff said, "but I never really considered them for myself. I didn't think my insurance would

cover it anyway. But as Rich talked to me about it, the more I heard and learned, the more interested I became."

Jeff's insurance company initially refused the request for a C-Leg. But when Jeff, Rich, and Jeff's doctor wrote letters, the insurance company approved it – the first time Jeff's insurance company approved payment for a C-Leg.



Jeff and Cathy at the Hoover Dam.

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"If it hadn't been for Rich," Jeff said, "I probably would never have sought or received a C-Leg. His support has been great, so has his encouragement and the whole treatment process."

The C-Leg allows Jeff to remain active. He and his wife of 12 years, Cathy, have 3 grandchildren, ages 5, 4, and 2 to keep them busy. When he's not at the hospital, you'll find him behind the wheel of his powerboat or traveling to the Caribbean.

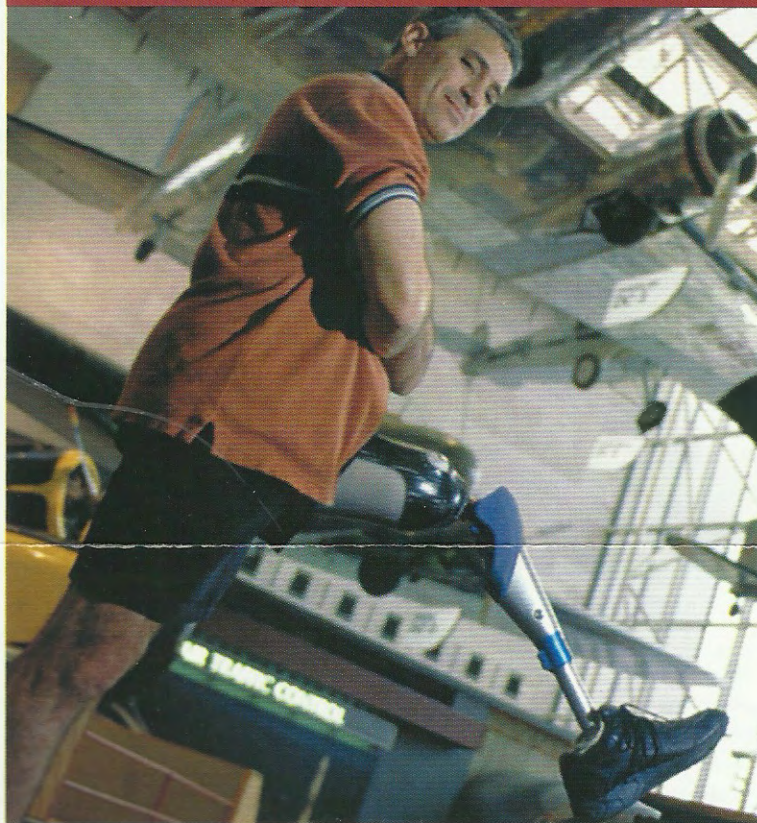


Jeff and Cathy boating with friends.



Jeff enjoying scuba diving in Aruba.

C-Leg® Takes Walking in Stride



Since its introduction in 1999, the C-Leg has made walking much easier for thousands of above-knee amputees. While traditionally lower limb amputees have had to concentrate time and energy on walking, even on flat ground, the C-Leg has made walking much easier and provides surer footing for the wearer.

C-Leg wearers are able to vary walking speed on uneven terrain and to negotiate stairs. The C-Leg adjusts to the conditions practically instantaneously.

What makes the C-Leg unique is a microprocessor-controlled knee that adapts to varying walking speeds and terrain, providing knee

stability as needed. The microprocessor monitors the user's movement 50 times per second, analyzes it based on gait analysis and biomechanical studies, and sends the information to a hydraulic damper that controls stance and swing phase movements. This results in a smooth, harmonious movement of the prosthetic limb, similar to that of the sound leg.

A C-Leg-qualified prosthetist analyzes the user's optimal gait, and observes the user on varying terrains and on stairs. He then programs the microprocessor using special software. The C-Leg automatically makes adjustments to provide stability as the wearer encounters different situations. A second set of settings can be programmed for different activities. The wearer can access those settings by simply tapping the toe.

Jeff Lewis, an R.J. Rosenberg patient, is one of the many people who have benefited from the C-Leg. [See accompanying story.] But he's certainly not alone.

For the last 22 years, when David McLaren went down stairs, he did so one step at a time. Now, with the C-Leg, he goes down one foot per step. "It just happens automatically. I don't have to think about it. That's something I haven't done since I was 13," he said in an interview with the Charlotte Observer.

The C-Leg was even in the national media following the World Trade Center attacks. "The C-Leg made a world of difference to me being dead or alive because it allowed me to actually come down the steps normally," said Curtis Grimsley in an interview with the New York Times.

It also allowed Lt. Col. Andrew Lourake, a Gulf War veteran, to return to active duty as an Air Force pilot. He had been pilot of Air Force 2 until he injured his leg in a motorcycle accident. After enduring 17 surgeries, he decided that his only hope of flying again was to undergo above-knee amputation and be fitted with the C-Leg.

In 2002, he became the first U.S. service member to be fitted with the high-tech prosthesis. As of October, 2004, he has returned to his duties as a special air missions pilot, flying the Vice President, First Lady, and other dignitaries.

C-Legs aren't for everyone. Several factors need to be considered before determining its appropriateness for an individual patient. For more information on the C-Leg, contact Rich Rosenberg.

R. J. Rosenberg Orthopedic Celebrates Its 25th Anniversary

Certified Prosthetist Orthotist Rich Rosenberg had high hopes when he started his prosthetics practice 25 years ago. He wanted, of course, for the business to succeed, but he couldn't have imagined all of the growth and success stories the next quarter of a century would hold.

25 years in business is a source of pride for Rich, but well beyond any satisfaction from that is the warmth and joy that he feels from having been able to help so many people over that extensive period of time. "When all is said and done," Rich says, "this is really a people business. So when I can help someone recover from an injury – when I can see someone walk again or rejoin the workforce, that feeling of accomplishment is beyond words."

Fortunately for Rich and the many patients he has served over the 25 years in his practice here in Cincinnati, he has been able to feel that sense of reward time after time.

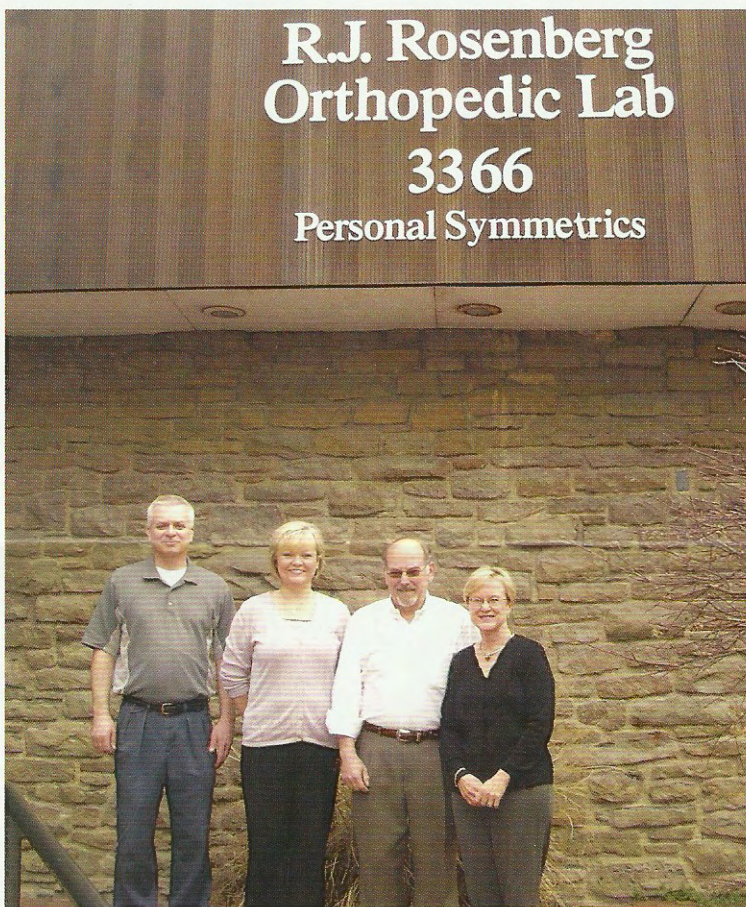
When Rich moved to Cincinnati with his wife Pat, they fell in love with the city immediately and were hopeful that it could become their home for a long time to come. They started out small, with a little office with two parking spaces. They were there for about a year, Rich recalls, then moved to a slightly larger office nearby, where they stayed for nearly four years. During that time, Rich and Pat had a son, Robert, so Pat, who had been working in the office as the receptionist and bookkeeper, switched to part-time as the bookkeeper only, which she continues doing to this day.

Bob and Tammy Joined the Firm

Pat's reduced schedule, though, led to another bright spot in the business, when, about a year later, Rich hired Tammy Henschen, who has served as office manager ever since. Bob Terry, a technician, also came on board early on and has been with the firm for 18 years. Bob said that Rich was the only practitioner he knew of who was using thermoplastics and he wanted to be part of a progressive operation.

Looking back at the business from a technical standpoint, Rich was quick to point out the many changes that have taken place in the prosthetics industry. "The biggest influences have been the incorporation of new materials that have made prostheses easier to use, lighter in weight, much more sophisticated, and capable of doing almost any job of their human counterparts," Rich said.

"Electronics, myoelectrics, computerized knee joints, advanced endoskeletal connectors, CAD/CAM computerized design of sockets and new socket technology, incredibly lightweight but strong metals, plastic components, and much more have allowed us as prosthetists to restore function to people who may have had little



From left: Bob Terry, Tammy Henschen, Rich Rosenberg and Pat Rosenberg.

hope of that. But not only function – the satisfaction for us has been being able to help people walk again, to run, to return to work and enjoy hobbies again such as golf or dancing.

Rich proclaimed, "the new materials and new technological advances have made it wonderful for us to be able to help people. That is by far my greatest reward over these 25 years."

An excellent example of such help was with Ed Andre, who had his left leg amputated at an early age because of a birth defect. After having to use crutches from the pain and sores of a prosthesis that just didn't fit properly, Ed came to Rich to find out if there was anything that could be done for him. Keeping abreast of the latest developments and innovations in the industry, Rich was able to fit Ed with what was then the brand-new, state-of-the-art IceCast fixture that created a Total Surface Bearing Socket and allowed Ed to wear his prosthesis in comfort.

It made all the difference in the world to Ed. "For the first time ever, there were no painful spots – no concentrations of pressure," Ed recalled. "It immediately fit perfectly."

Great Stories Over the Years

25 years of success stories like this – getting people back on the golf course, or able to ride a motorcycle again – keep the spirits positive and smiles on the faces of the Rosenberg staff, too. "It's so comforting and rewarding to see people who have come to our office in wheelchairs being able to walk out the door later on their very own," said Tammy. "That makes all of us feel good."

Rich completed his prosthetics training at Northwestern University and earned his ABC certification in 1969. In 1980, he and Pat decided to move to Cincinnati, a decision loaded with hope but also accompanied by some fear and anxiety as Rich and Pat faced the uncertainty of the future. Looking back now, though, Rich said there was "just no way we could have anticipated the wonderful experiences we would have over the next 25 years, the tremendous people we would meet and serve in our practice, and the unbelievably good feelings that we'd have because we came here.

"Would we do this all again, if we knew then what we know now about the past 25 years?" Rich conjectured. "In a heartbeat. Absolutely no second thoughts. As I said before," he continued, "this is a people business. And the people we've met, worked with, taken care of, and been able to help have made our professional as well as our personal lives here so very wonderful.

"We will always be thankful for the decision we made in coming here," Rich concluded.