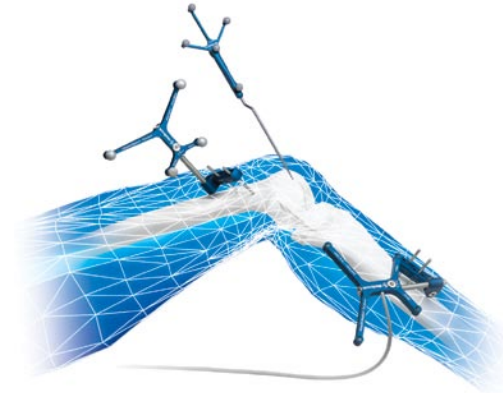


From the Desk of Kambiz Behzadi, MD
November 2006

Dear Patients and Colleagues:

I am writing to let you know about a new approach my surgical team and I have been using for over a year now for knee replacement surgery patients, with great results: Computer-Assisted Surgery (CAS). This technology, sometimes called "Navigated Surgery", has so impressed me that I'd like to tell you about it.

First, the major benefits to my patients: much like a GPS/satellite tracking system, CAS uses a unique combination of computer technology and surgical 'tracking devices'. It provides us with image maps of the inside of the knee, so that I can verify placement of the new joint with extraordinary precision. This new "navigated" surgery means less post-surgical pain, and allows a much easier, faster recovery time.



The 'Trackers' shown here interact with GPS technology to provide the exact location of the bones in relation to the position of the new prosthesis.



This CAS screen provides real time information about the exact position of the bones and allows for precise cuts for placing the prosthesis.

Here are just two examples from recent patients. I'm grateful to Sherrill Anderson and Dick Peterson for their willingness to share their stories with you. Both had total knee replacement surgery (Dick had both knees done within a 3 month period), for which I used CAS for surgical navigation and real-time imaging.

SHERRILL'S STORY

Sherrill had 'standard' knee replacement surgery four years ago (I was privileged to be her surgeon then too). It helped her a lot, but the recovery time was hard: "I just couldn't get rid of the [post-surgical] pain." She had her other knee joint replaced in September; by this time, I had incorporated Computer-Assisted Surgery into my approach. Just 3 weeks later, she reported, "I feel like I'm two months ahead of myself." Before, she had to wait 6 weeks to be cleared to drive; this time, she was able to drive after 2 weeks. She's walking 3-4 blocks a day with no problems and with only a cane (which she brings just as a precaution, and doesn't actually use). After the previous surgery, she had to use a walker for many weeks. "It's nothing like that now," she says, "It's like a miracle." She's doing so well returning to her normal activities that she hasn't needed to go through a physical therapy program.

DICK'S STORY

After many years playing tennis 5 days a week, Dick's knees began to give out. First, he cut back his days of playing, and started wearing protective knee braces. After a while, he had to cut out tennis altogether. When going down stairs became too unpleasant, he



This view shows the position of the femur during one part of a CAS knee replacement.

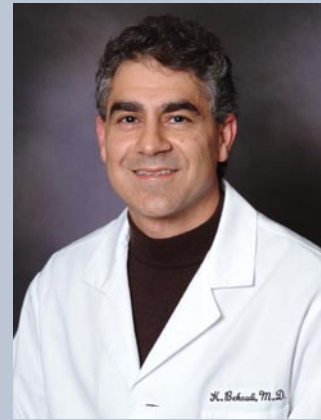
and his wife moved into a one-story home. My team and I replaced one knee in January, and the other in March of this year, using CAS as my extra pair of eyes during these “navigated” procedures. Now, Dick reports he is walking 3 miles a day with no problems, and has recently returned to playing tennis (doubles). He has even been back on the exercycle to prepare for ski season! Dick says, “My quality of life has improved 100% in the last 10 months.”

This ease of recovery and huge improvement in quality of life has been typical of our knee replacement patients, and I think CAS has made a significant difference. It has been very satisfying to me to see my patients return so enthusiastically to their active lives, and not be limited by knee pain.

I hope the stories above will encourage you, your friends and family members to work closely with your health care team if knee or other musculoskeletal pain is limiting your lifestyle. Joint replacement procedures, as necessary, are improving all the time, and knee pain does not have to be a life sentence.

To your good health,

Kambiz Behzadi, M.D.



BRIEF BIO OF DR. BEHZADI

B.S., Pepperdine University

M.D., Chicago Medical School

Internship & Orthopedic Residency,
University of New Mexico

Fellowship Training in Sports Medicine,
Knee, Shoulder and Ankle Arthroscopy,
The Orthopedic Specialty Hospital, Murray, UT

ADDITIONAL TRAINING AND CERTIFICATIONS

- Minimally Invasive Solutions (MIST™)
(The Zimmer Institute)
- Computer-Assisted Surgery (CAS)
(technology by Medtronic)
- Board-certified (1997)
American Board of Orthopedic Surgery

Dr. Behzadi is the first orthopedic surgeon in the area trained to use Computer-Assisted Surgery (CAS). A lifelong athlete, he has served as team physician for several soccer, football and basketball teams, and as assistant team physician for the U.S. Olympic Ski Team. With a special interest in arthritis, knee and shoulder problems, he enjoys treating people of all ages and abilities.

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