

## SARASOTA ORTHOPEDIC ASSOCIATES

W. KIM FURMAN, M.D., FAAOS AND JAMES M. COTTOM, D.P.M., FACFAS



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### WHAT ARE THE NEWEST PROCEDURES IN YOUR SPECIALTY THAT CAN ASSIST ME IN AGING GRACEFULLY?

As individuals age gracefully, there are several options to limit or slow the progression of arthritis. For example, patients with arthritis should stay active and eat a controlled diet which promotes good bone health. Dr. W. Kim Furman and Dr. James M. Cottom from Sarasota Orthopedic Associates are physicians who specialize in orthopedics of the lower extremity. Dr. Furman focuses on knee and hip disorders and related joint replacement surgery, while Dr. Cottom focuses on the foot and ankle with an emphasis on ankle joint replacements. The doctors agree that before suggesting joint replacement surgery, conservative methods should be considered. During many of their routine office visits, Dr. Furman and Dr. Cottom will consider conservative modalities as first-line treatments. These will include physical therapy, cortisone injections, bracing and even artificial joint fluid injections. If the conservative treatments fail, then the doctors will discuss the option of joint replacement surgery with patients.

The goal of treating arthritis is to increase function, mobility and restore the joints to their healthiest state. Statistics have shown that joint replacements have returned more people to a functional lifestyle than any other procedure available. Due to better surgical techniques and equipment, the success rates of surgery have increased over the past 10 years resulting in good-to-excellent outcomes in 90 to 95 percent of patients. The pain associated with arthritis is due to a degenerative condition and by replacing the joint it will eliminate the pain and allow for better mobility. When performing a joint replacement of the hips and knees, Dr. Furman will resurface the joint by removing bad cartilage and replacing it with a metal or plastic component. For ankle replacements, Dr. Cottom removes the minimal amount of the arthritic or damaged joints and places two pieces of metal with plastic in between to allow the joint to move. At the end of the day, the doctors at Sarasota Orthopedic Associates want patients who receive a joint replacement to continue the activities of their daily lives.

### Sarasota Orthopedic Associates

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Dr. W. Kim Furman specializes in Arthritis and Joint Replacement Surgery. Dr. Furman joined Sarasota Orthopedic Associates in 1987. He received his bachelor's degree in Biology at Northeastern University in Boston, his medical degree from Mt. Sinai School of Medicine in New York, his surgical internship at Mt. Sinai and his fellowship in Total Joint Replacements/Arthroscopic Surgery at the renowned Anderson Orthopedic Research Institute in Virginia. He has served as Chief of Orthopedics at Sarasota Memorial Hospital, Doctors Hospital and Health South Rehabilitation Hospital of Sarasota. He engages in Orthopedic Research as well as publishing articles in medical journals. Dr. Furman has traveled to centers in Asia lecturing and instructing on total joint replacements. Dr. James M. Cottom completed a three-year surgical residency in reconstructive and trauma surgery of the foot and ankle at the Detroit Medical Center/Wayne State University, in Detroit, Michigan focusing in all areas of Foot, Ankle, and Leg Surgery. He then completed an Accredited American Orthopedic Foot and Ankle Society 12-month Surgical Fellowship at the Ohio State University. This advanced surgical training focused on trauma, reconstruction, arthroscopy as well as Total Ankle Replacement. Dr. Cottom is the only Foot and Ankle Surgeon in the State of Florida with this type of training. Furthermore, he is currently the only Orthopedic Fellowship Trained Foot and Ankle Surgeon in the region who is trained on four Food and Drug Administration approved Total Ankle Replacements. Sarasota Orthopedic Associates has served the community for more than 30 years and is one of the most highly respected orthopedic groups in Florida. This group of esteemed physicians is sought out for their medical and technical expertise. Sarasota Orthopedic Associates provides the highest level of compassionate and professional orthopedic care while treating their patients with the utmost respect, privacy and concern. SOA's commitment is to get their patients back on their feet . . . back to work . . . back in the game . . . and back to life.