

### BUCKS COUNTY

# St. Mary Medical Center First in Bucks County to Offer Innovative BEAR® Implant to Treat ACL Tears

Implant First Innovation in ACL Tear Treatment in 30+ Years; Enables Injured ACL to Heal Itself



St. Mary Medical Center.

By **FOR THE ADVANCE OF BUCKS COUNTY** |

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St. Mary Medical Center is the first in Bucks County to offer the BEAR® Implant for treatment of anterior cruciate ligament (ACL) tears, one of the most common knee injuries in the U.S. The BEAR Implant is the first medical advancement to enable the body to heal its own torn ACL. This new approach is a paradigm shift from the current standard of care—reconstruction that replaces the ACL with a graft—and is the first innovation in ACL tear treatment in more than 30 years.

Every year, approximately 400,000 ACL injuries occur in the U.S. A torn ACL does not heal without treatment, resulting in ACL reconstruction being one of the most common orthopedic procedures in the U.S. Yet the procedure has drawbacks; some procedures require two separate incisions, and some people who undergo reconstruction are unable to return to the same level of daily activities or sports.

“There are a number of advantages to restoring a ligament instead of replacing it,” says Dinesh Dhanaraj, MD MSPH, a surgeon with St. Mary Orthopaedics at St. Mary Medical Center. “The BEAR Implant is an exciting medical technology and the first to clinically demonstrate that for candidates of the procedure, it enables healing of the patient’s torn ACL while maintaining the natural knee anatomy.”

During an ACL reconstruction, the surgeon completely removes the remaining torn ACL and reconstructs it with either a tendon from the patient’s own leg (called an autograft) or a deceased donor (called an allograft). As with any surgery, ACL reconstruction has certain risks. About half of people who receive patellar tendon grafts experience pain while kneeling, and those who receive hamstring grafts have persistent weakness—as much as a 50% deficit at two years after surgery.

“Encouraging clinical studies of the BEAR Implant have shown faster recovery of muscle strength and higher patient satisfaction with regard to readiness to return to sport than traditional ACL reconstruction, which is the standard of care today,” Dr. Dinesh says.

Unlike reconstruction, the BEAR Implant does not require a second surgical wound site to remove a healthy tendon from another part of the leg or the use of a donor tendon. The BEAR Implant acts as a bridge to help ends of the torn ACL heal together. The surgeon injects a small amount of the patient’s own blood into the implant and inserts it between the torn ends of the ACL in a minimally invasive procedure. The combination of the BEAR Implant and the patient’s blood enables the body to heal the torn ends of the ACL back together while maintaining the ACL’s original attachments to the femur and tibia. As the ACL heals, the BEAR Implant is resorbed by the body, within approximately eight weeks.

To learn more about orthopaedic care at St. Mary Medical Center, visit <https://www.trinityhealthma.org/find-a-service-or-specialty/orthopedics/st-mary-orthopedic-care/>.

## **About St. Mary Medical Center**

Established in 1973, St. Mary Medical Center is guided by its Catholic-health core values of reverence, stewardship, integrity, justice and commitment to the underserved. Located in Langhorne, Pa., and with 371 licensed beds, St. Mary is a community teaching hospital and offers state-of-the-art technology and highly skilled physicians and clinical professionals to provide advanced care for complex cases. St. Mary offers advanced non-invasive treatments, adult and pediatric emergency services, inpatient medical and rehabilitation facilities, along with supportive health and wellness programs. St. Mary is designated by the Commonwealth of Pennsylvania as a Level II Trauma Center. St. Mary has a nationally accredited hip and knee replacement program, an NAPBC-accredited breast program, a Commission on Cancer-accredited cancer program and is a member of the Penn Cancer Network. Trinity Health Mid-Atlantic is a Regional Health System that includes Mercy Fitzgerald Hospital in Darby, Pa.; Nazareth Hospital in Northeast Philadelphia; Saint Francis Hospital in Wilmington, Del.; St. Mary Medical Center in Langhorne, Pa. and home health and LIFE programs. Trinity Health Mid-Atlantic is a member of Trinity Health, one of the largest multi-institutional Catholic health care delivery systems in the nation.

## **About Trinity Health Mid-Atlantic**

Trinity Health Mid-Atlantic is a Regional Health System that includes Mercy Fitzgerald Hospital in Darby, Pa.; Nazareth Hospital in Northeast Philadelphia; Saint Francis Hospital in Wilmington, Del.; and St. Mary Medical Center in Langhorne, Pa. These entities include hospitals, associated clinics, medical offices, specialized facilities, affiliated institutions and foundations serving together in the spirit of the Gospel as a compassionate and transforming healing presence within their communities. PACE (Program of All Inclusive Care for the Elderly) and home health programs also are offered through Trinity Health. Trinity Health Mid-Atlantic is a member of Trinity Health, one of the largest multi-institutional Catholic health care delivery systems in the nation.