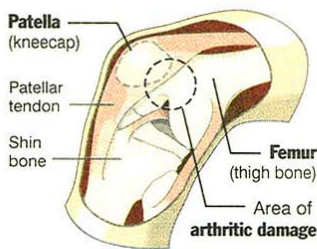


AKIRA SUWA / Inquirer Staff Photographer

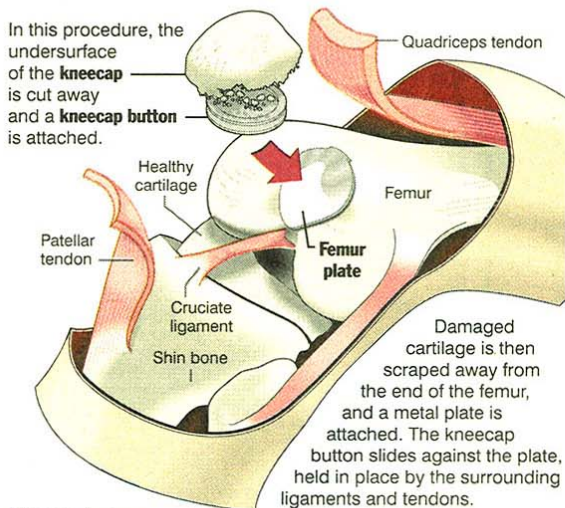
Megan van Arkel, great-granddaughter of Olympic rower Jack Kelly, stretches before the Dad Vail Regatta last week. Van Arkel had patello-femoral replacement surgery with orthopedist Jess Lonner last year and is now pain-free. She even ran a few miles to mark the anniversary of her surgery.

A joint worth saving

Preserving More of the Knee



Total knee replacement is not a good option for younger patients, often athletes, with damage limited to cartilage around the kneecap. Full artificial knees are designed to last only 10 to 15 years. **Patello-femoral replacement** is a less radical alternative.



In this procedure, the undersurface of the kneecap is cut away and a kneecap button is attached.

Damaged cartilage is then scraped away from the end of the femur, and a metal plate is attached. The kneecap button slides against the plate, held in place by the surrounding ligaments and tendons.

SOURCE: Dr. Jess Lonner

WILLIAM NEFF / Inquirer Staff Artist

A deteriorating kneecap is excruciating. For people too young for a full knee replacement, repairing just a part of the kneecap can be a good alternative.

Once upon a time, Megan van Arkel was a fast girl. At Great Valley High and the University of Richmond, she was a sprinter, specializing in the 400 meters.

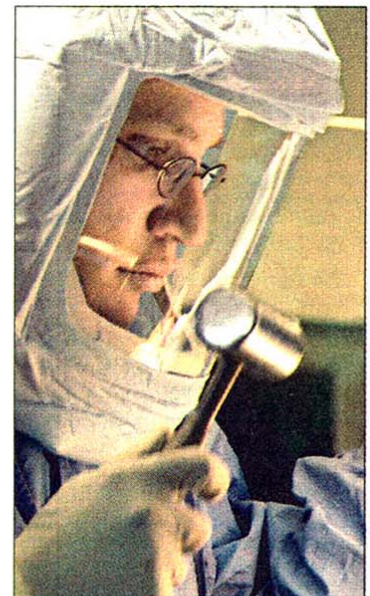
After college, van Arkel, who lives in Haverford, channeled her competitive zeal and love of exercise into rowing. For five years, she rowed for Bachelors, then she joined Vesper. It was a matter of honoring her pedigree: She's the great-granddaughter of the famous Olympic oarsman Jack Kelly.



Art Carey
Body
Language

In her late 20s and early 30s, she began running longer distances. Training for the Broad Street Run and the Philadelphia Distance Run, she would log 40 miles a week. Her knees did not take kindly to the pounding. She felt chronic pain, especially behind her kneecaps.

About 10 years ago, her right knee was rebuilt. The surgeon elevated her kneecap, then cracked it to create a



TOM GRALISH / Inquirer Staff Photographer

Orthopedist Jess Lonner performs surgery. He said most of the patients he treats with patello-femoral arthritis are won...

See **ART CAREY** on D3