

DeClaire LaMacchia Orthopaedic Institute

Announcing groundbreaking research project with Zimmer Biomet featuring Apple technology

DECLAIRE LAMACCHIA ORTHOPAEDIC INSTITUTE in Rochester Hills, a premier orthopedic group in southeast Michigan, is honored to be the only site in the state and one of only nine orthopedic practices worldwide chosen to participate in a research project with Zimmer Biomet and Apple technology called mymobility™.



President and Co-Founder Dr. Jeffrey DeClaire, known to *Hour Detroit* readers as a multiyear “Top Doc,” says DeClaire LaMacchia Orthopaedic Institute, along with four academic institutions and three hospital groups, are involved in this evidence-gathering clinical study that

has the possibility to include more than 10,000 patients in the United States.

“This research has the potential to be groundbreaking for modifying standards of care and improving patient outcomes,” says Dr. DeClaire, director of the Adult Reconstructive and Joint Replacement Program at Ascension Providence Rochester Hospital.

The mymobility™ study uses an app on a patient’s iPhone 6 or greater and Apple Watch to connect them with the surgical care team and determine the app’s impact on patient outcomes and overall cost.

As a board-certified, fellowship-trained, and world-renowned knee surgeon, Dr. DeClaire has considerable expertise in providing the least-invasive approach to preserve the normal joint and keep recovery as fast and pain-free as possible.

For the past two decades, he has focused on treating knee disorders and injuries, and performs

nearly 1,000 knee surgeries a year. His practice provides full-service treatments for patients including arthroscopy, arthroscopic ligament reconstruction, meniscus transplantation, cartilage regeneration, as well as outpatient partial and total knee replacement.

A graduate of the University of Michigan Medical Center with specialty fellowship training at Penn State University, Dr. DeClaire is an expert in minimally invasive surgery (MIS), which involves less tissue trauma and less pain. MIS also promotes more rapid recovery, lowers complication rates, causes less scarring, and reduces blood loss. Yet patients do have to follow very precise instructions to optimize their outcomes with this and any other type of surgery.

With the Zimmer Biomet mymobility™ app, patients will be able to use the information to improve their own health care. Dr. DeClaire will have the ability to send education and therapy reminders directly to a patient’s Apple Watch. Patients will also be able to share their data seamlessly, before and after surgery.

“Through this app, patients can track their progress on hip or knee replacement,” says Dr. DeClaire. “Then, researchers will combine the patient feedback with activity data from the Apple Watch to gain insight into whether the mymobility™ app is beneficial in impacting outcomes.”

Dr. DeClaire has always been at the forefront of technology when it comes to joint surgeries. He has more than 25 years experience in finding the least invasive way to treat disorders and injuries of total joints.

The Zimmer Biomet initial study will focus solely on outcomes of knee and hip replacements. Patients



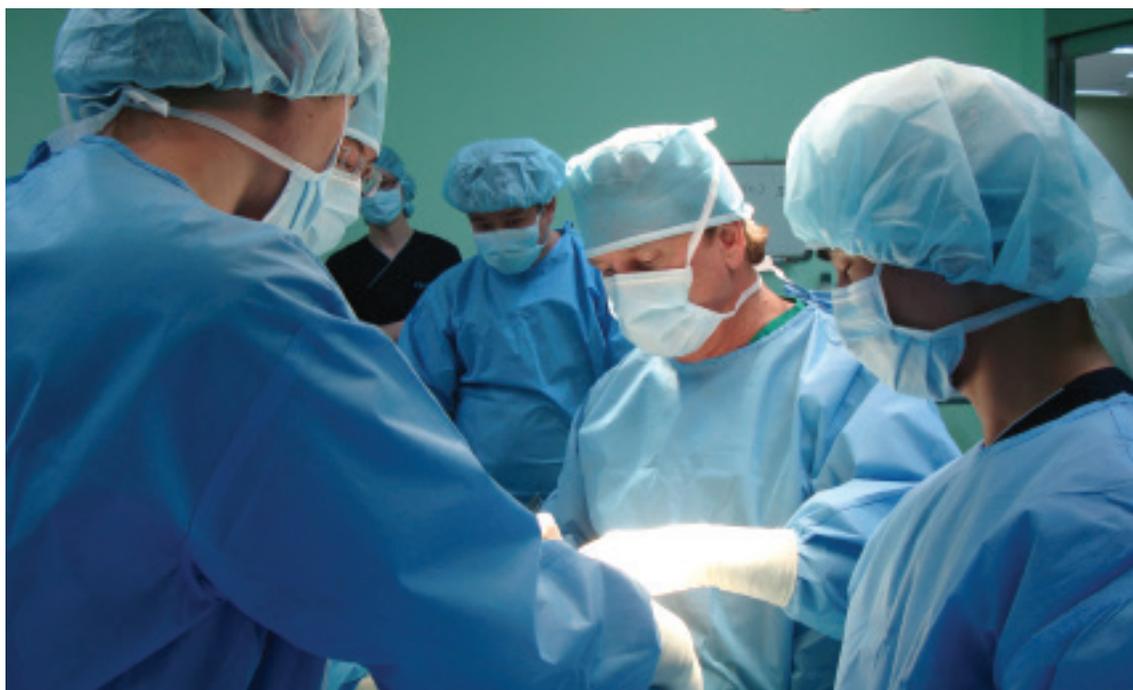
who qualify for the study include those who are scheduled for a total or partial knee replacement or total hip replacement. They will receive personalized care plans that begin before their procedure and continue postoperatively. These care plans include education, questionnaires, and exercises.

The mymobility™ app provides a way for patients and care teams to communicate, and the information collected via the Apple Watch allows the surgeon to actively observe progress through a clinical dashboard.

“The study will be able to show if the pre- and postsurgical care that patients receive is the best information given at the optimal time,” says Dr. DeClaire.

This research could eventually aid in refining pre- and postsurgical care to meet the needs of the patient, and potentially have a cost-saving benefit if patients are more empowered and prepared.

At Dr. DeClaire’s state-of-the-art facility at Ascension Providence Rochester Medical Building, patients receive a supervised program that gives them an opportunity to achieve fitness and increase function. Soon, they may also be able to participate in a nationwide clinical research study that has the potential to improve care decisions through digital health.



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