

# Lakeview Community Wellness Center Orthopaedic Connection

## The Orthopaedic Surgery 1/3 Rule

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### *Transforming patient information into patient understanding.*

There is a banner on the home page of my website [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com) that states "An educated patient is our best result". What I am trying to do within the context of the Lakeview Community Wellness Center Health article is to make Lakeview Area News readers the most knowledgeable group anywhere regarding Orthopaedic and musculoskeletal topics. I refer to things on occasion as a class because that's how I think about what we together are doing. I have pointed out already that I will as far as possible try to link topics together to give continuity to a particular subject as we have done at times. You will get more out of the course that way. The good news is there are no quizzes or tests (because I know you will remember everything!). The bad news is there will be no summer vacation or holiday breaks (not a pun) in the course.

Now, on to the 1/3 rule.

The Rule applies to patients who have Orthopaedic Surgery. It is my own rule, which I discovered in my experience, but I don't claim it as an original idea.

Let me explain.

I like to divide recovery after shoulder surgery (or almost anything I do) into thirds.

The initial 1/3 of the person recovering is begun at the time of surgery. Each case is unique and has to be dealt with individually, but if I feel that I was able to do in surgery what I had hoped and planned to do we are off to a good start. I like to think about this as 1/3 of the patient's recovery. I find that most patients and families think 95 - 100% of it is the surgery. Nothing could be further from the truth!

The middle 1/3 is what the patient needs to do at our direction to get better. It has to do with following directions faithfully about certain do's and don'ts. Personal exercises at home and occasionally physical therapy are a big part of the do's. A compliant patient is a joy.

The last 1/3 is nature's ultimate healing that neither the patient nor I have any control over. I have explained often that what I do is a lot like gardening. You can plow, plant, fertilize, water, weed etc. but you can't make it grow (heal). Nature does that.

Usually things heal, but not always. That's why you can't guarantee any surgical treatment.

We help, patient cooperates, nature heals.

This last 1/3 has everything to do with the quality of the patient's bone and tissue that we have to work with. Brittle bone or very damaged

tissues make it extremely hard to get an adequate repair. Healing can also be very slow and incomplete in some cases.

It is up to me to explain to the patient and family how things went and what kind of bone and tissues we had to work with.

From this I hope you see things a bit more clearly about how healing does occur.

***Our goal is quality, highest standards and best outcomes.***

Please remember that anyone can make an appointment to see Dr. Haverbush at his office in Alma, at 315 Warwick Dr., across from Gratiot Medical Center. Call 989-463-6092 to make an appointment.

And don't forget every article I have written for Lakeview Area News is on my Website, [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com). Check it out. I specialize in you.

Be well.

Dr. Haverbush