

Ani Orthopaedic Group

CARMEN MORPHY, AVENEL

Thanks to restorative spinal surgery by Dr. Darren Freeman, 90-year old Carmen Morphy can keep on doing all the things she loves to do, pain free.

Her whole life, Carmen Morphy was never one to be idle. Gardening with her husband, dancing, going out to dinner, spending time with her daughters and grandchildren, taking trips with the Senior Center, she's never missed a beat. Until an unfortunate fall resulted in a painful spinal fracture.

Suddenly, the simple movements she took for granted were unbelievably painful. "It was terrible, I was almost crying all the time. I needed a cane to walk," recalls Carmen. "My daughter said I needed to find a good doctor. She took me to Ani Orthopaedic."

Dr. Darren K. Freeman, DO, a board-certified Physical Medicine and Rehabilitation physician, diagnosed a vertebral compression fracture. Carmen's spinal vertebra had collapsed, pushing her spinal column into a painful, abnormal forward curve.

The injury was compounded by osteoporosis, which weakened her bones.

Dr. Freeman performed a minimally-invasive kyphoplasty procedure to rebuild her damaged vertebra and realign her spine to its normal upright position.

"The day after my surgery, I had a new feeling of wellness," says Carmen. "My pain was completely gone. I walked out of the hospital without a cane."

"People over the age of 65 often develop osteoporosis," says Dr. Freeman.

"Then, when we have a fall or are involved in an accident, a compression fracture of the spine is very common. Fortunately, over 95% of my patients successfully return to a pain-free, normal quality of life following kyphoplasty."

Recently, Carmen suffered another fall. Dr. Freeman performed kyphoplasty to repair the damage and help anchor Carmen's spinal column.

Medication for osteoporosis and physical therapy have strengthened Carmen's body and helped improve her balance.

"Carmen is a lively and energetic lady," says Dr. Freeman.

"It was important that we were able to restore the freedom and independence that she's enjoyed throughout her long life."



"My fellowship training has taught me the most advanced yet proven techniques for treating spinal injuries and managing pain. Whether my patient is age 9 or 90, it's important to listen and make them feel comfortable in my care as we carefully explain the nature of their injury and the treatment options available."

Dr. Freeman has completed fellowship training in Interventional Pain Management. **DR. FREEMAN**



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from our group to your family.*

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