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**J Robert Seebacher, MD**

ORTHOPEDIC SURGEON,  
HUDSON VALLEY BONE & JOINT SURGEONS



While Orthopedic Surgeon J. Robert Seebacher, MD, has performed nearly 4,000 hip and knee replacements at Phelps Memorial Hospital Center over the course of his career, he has spent much of his career perfecting effective alternatives to surgery.

Dr. Seebacher developed a treatment program to assist patients whose arthritic knees cause painful inflammation and swelling, reducing their ability to be active and leading to weakness and atrophy. Patients receive paired injections of steroid and knee lubricant every three months. When necessary and feasible, patients have non-steroidal anti-inflammatories made available in short courses. The medications used in the treatment are generally available and accepted, but the sequencing of administration is novel, creating a treatment with a new level of success. Dr. Seebacher began offering this treatment to his patients at the end of 2006. Since then, 950 patients with 1,350 involved knees have been treated.

"I have always been a patient advocate," Dr. Seebacher says. "I basically felt the need to not jettison patients who I thought were in a gray zone."

Now, DuPuy Mitek, a subsidiary of Johnson & Johnson, has funded the retrieval of data for Dr. Seebacher's research on this controversial non-surgical treatment program. The data will be used as the basis for petitioning the FDA for permission to begin a controlled multicenter study of this approach. Dr. Seebacher's dedication to developing his innovative protocol has helped many patients postpone or avoid knee replacement without sacrificing health and lifestyle.

Dr. Seebacher concludes, "I would really like to say that a lot of what I achieved I owe to Phelps having partnered with me. I consider being a doctor an extreme privilege."