

"Orthopaedics has changed to the point that we can offer a variety of treatment options, often in conjunction with one another, to reduce pain and increase range of motion."

"Osteoarthritis used to be considered a disease for the elderly, but that is not the case anymore," Dr. Darr said. "Our society is becoming more active, our youth are participating in a variety of different sports and training is becoming more intense. We are seeing people develop arthritis at an earlier age."

"Orthobiologics, including PRP and the Cell Therapy study are so exciting because they have the potential to improve the quality of life for so many people. In many cases patients will experience initial results in a matter of days, with continued improvement over months," he said.

ARF Wave™ technology uses a series of external bio-electrical currents to stimulate the healing process. Approved by the FDA for prevention and treatment of muscle atrophy, ARF Wave™ increases blood circulation and muscle relaxation while improving and increasing a patient's range of motion.

ARF Wave™ therapy is administered daily for two to three weeks. The sessions range from 30-40 minutes and can be easily incorporated into a patient's work schedule.

Because there are very few contra-indications for ARF Wave™, Dr. Darr feels the technology will be successful in treating a variety of orthopaedic disorders among different patient populations.

"Orthopaedics and sports medicine include such a broad spectrum of patients, each with his or her own particular needs and goals. For professional athletes who are rehabbing from surgery and want to accelerate their recovery process, the ARF Wave™ is a great tool. For those looking for non-surgical alternatives to relieve joint pain, PRP offers an exciting solution. For patients with severe injuries, a combination of these therapies may be used. And for those patients who are not experiencing a sufficient level of relief, the therapies do not interfere with surgical options," he said.

Dr. Darr added that he also sees amateur and pro athletes who don't have any medical problems at all. "These are people who want to target muscle areas and improve their strength and conditioning programs. For them, we have the DEXA Scan."

By identifying bone mineral density (BMD), the DEXA (Dual Energy X-ray Absorptiometry) Scan is extremely useful in identifying osteoporosis, overall muscle strength and body composition. The scan consists of one high energy and one low energy X-ray beams that pass through the bone. Low BMD at the site of the scan is a predictor of bone fractures in other parts of the body.

As the only machine of its kind on the Northshore, the DEXA Scan that Dr. Darr uses also identifies composition of body fat and lean tissue in both percentages and pounds. As he explained, "The scan allows us to compare the left and right side of the body and look at different regions of the body. With this technology, we can look at overall muscle strength, identify where patients are prone to storing fat, and pinpoint muscle weakness and muscle imbalances that need correcting."

"We provide people with quantifiable measurements that they can use to address specific muscle deficiencies," Dr. Darr said. "Patients can take their measurements to a trainer, or we can refer them to one, to develop a targeted exercise regimen. Eight weeks later, they can take a second DEXA Scan in order to monitor their results."

Whether improving performance, relieving pain, healing injuries or preventing degenerative conditions, Dr. Darr can employ a combination of non-operative and operative treatment methods. "It is exciting to meet the specific needs of my patients with the most appropriate treatment option. We work together to help them achieve their goals." ☺

Kevin T. Darr, MD is board certified in orthopaedic surgery, sports medicine and musculoskeletal ultrasound. His office is located at 13943 Sunshine Avenue in Covington. For more information, call 985-273-5888 or visit his website coastortho.com.

LEFT: Dr. Kevin Darr proudly displays the DEXA Scan machine, the only one of its kind on the Northshore. RIGHT: Dr. Darr, Shelly Vincens and Charrell Demont demonstrate the uses of the ARF Wave™ machine.

