STATE OF THE ART ORTHOPAEDIC CARE

Dr. Zeidan graduated from Saint Joseph University Medical School in Beirut, Lebanon in 1981. He completed his orthopaedic residency training at the University of Montreal in Quebec, Canada between 1982 and 1987. He started private practice in Quebec, Canada in 1988 and then moved to Jacksonville, Florida in 1993. He established his private practice in Spring Hill, Florida in January of 1995. Dr. Zeidan has over 22 years of experience in orthopaedic surgery.

Dr. Zeidan has special interest in minimally invasive surgical techniques for the hip, knee, shoulder, and carpal tunnel syndrome.

The Anterior Approach is an alternative to traditional hip replacement surgery. This technique approaches the hip joint from the front as opposed to the side or back. Unlike traditional hip surgery, the surgeon can work between the muscles without detaching any muscles from the pelvis or the femur. The result is less pain, a rapid recovery of function, immediate stability of the hip that obviates the need for dislocation precautions and rapid return to normal activities including sports like golf, tennis, etc. The demand for hip replacement is growing rapidly. It is estimated that the number of primary total hip replacements in the United States will increase by 174 percent -- to 572,000 -- in 2030. This is due in part to the growing number of Baby Boomers with osteoarthritis. Dr. Zeidan has performed over 450 anterior total hip replacements as of December 2010.

Partial knee resurfacing is offered to patients who are candidates for the procedure. Unlike complete knee replacement, which resurfaces all the knee joint surfaces, partial knee resurfaces only the most severely affected part of the joint. By retaining all normal knee ligaments and other joint surfaces, the knee feels more “normal” and regains function and motion much faster.

Since 2000, all shoulder rotator cuff tears, from partial to massive tears, without exceptions, are managed purely arthroscopically with a variety of surgical approaches to minimize pain and shorten recovery time.

Since 1995, carpal tunnel surgery is always done arthroscopically with short recovery time so patients can return quickly to normal daily activities without restrictions.