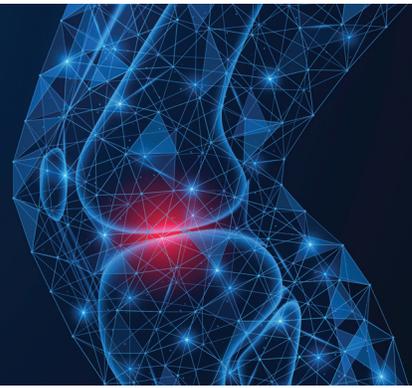


ORTHOPEDIC SURGICAL SPECIALISTS



The Orthopedics and Sports Medicine team at Independence Health System utilizes the latest diagnostic techniques and state-of-the-art equipment available to treat orthopedic and sports medicine injuries. Orthopedists are medical experts in musculoskeletal conditions affecting the muscles, bones, joints, and connective tissues.

Our board-certified, fellowship-trained orthopedic surgeons offer expert care for aging joints, accidental injuries, and sports-related conditions.

Services Provided

- **Orthopedic consultation and diagnosis**
- **Nonoperative musculoskeletal management**
 - Activity modification and rehabilitation planning
 - Physical therapy coordination
 - Injection therapy (corticosteroid, PRP, and viscosupplementation, when appropriate)
- **Operative orthopedic care**
- **Minimally invasive and tissue-preserving techniques**
- **Fracture care and trauma management**
- **Perioperative optimization and multimodal pain management**
- **Postoperative follow-up and return-to-function planning**

**480 East Jefferson Street
Suite B
Butler, PA 16001**

To make an appointment,
call 833-604-7214.

Board Certified Provider



Anthony Mustovich, DO, FAAOS
Orthopedic Surgeon

- Board-certified orthopedic surgeon providing comprehensive musculoskeletal care in the Pittsburgh region
- Treats sports injuries, fractures, arthritis of the hip, knee, and shoulder, and general orthopedic conditions
- Expert in minimally traumatic total knee replacement using the Jiffy Knee™ approach
- **One of only two surgeons in Pennsylvania certified to perform the Jiffy Knee™ technique**
- Patient-centered philosophy focused on listening, education, and shared decision-making
- Guides patients through all treatment options, from nonoperative care to advanced surgical solutions
- Completed orthopedic surgery residency at Dwight D. Eisenhower Army Medical Center
- Served over a decade in the U.S. Army Medical Corps, including leadership roles in orthopedic surgery and aviation medicine
- Committed to evidence-based, minimally invasive techniques that support faster recovery—without compromising compassionate care

Conditions Treated

Sports & Activity-Related Injuries

- Ligament sprains and tears
- Tendon injuries and ruptures
- Meniscus injuries
- Rotator cuff injuries
- Overuse and repetitive stress injuries

Joint & Degenerative Conditions

- Osteoarthritis of the hip, knee, and shoulder
- Cartilage injuries
- Degenerative joint conditions
- Chronic joint pain and stiffness

Shoulder

- Rotator cuff tears
- Shoulder instability
- Labral pathology
- Shoulder arthritis
- Bursitis and impingement

Knee

- Meniscus tears
- Ligament injuries (ACL, MCL, PCL, LCL)
- Knee osteoarthritis
- Patellofemoral disorders

Hip

- Hip osteoarthritis
- Mechanical hip pain
- Peritrochanteric soft tissue conditions

Fractures & Trauma

- Upper and lower extremity fractures
- Sports-related fractures
- Work- and accident-related injuries

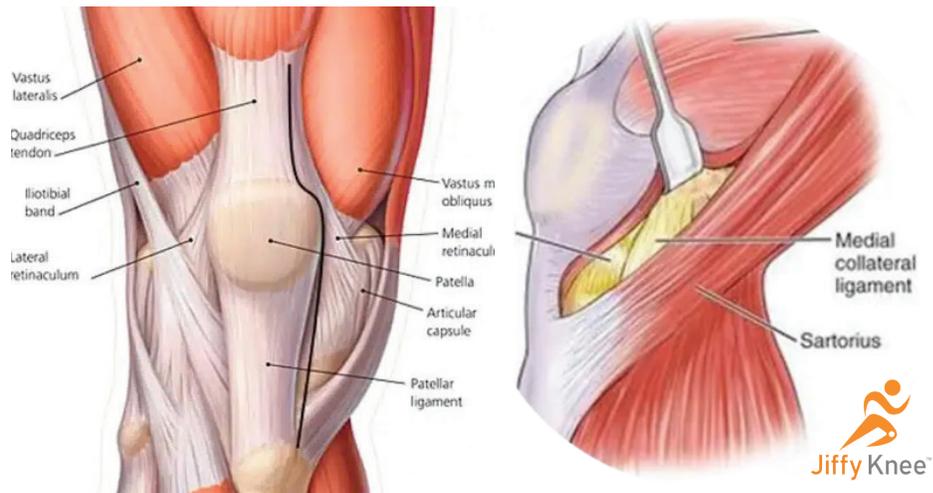
General Orthopedics

- Musculoskeletal injuries and pain
- Tendonitis and bursitis
- Soft tissue injuries

The Jiffy Knee™ Procedure: Faster, Less Painful Recovery

Traditional total knee replacement surgery requires an incision along the front of the knee and cutting through important soft tissues—most notably the quadriceps tendon—which must be stitched back together at the end of surgery. During early rehabilitation, bending the knee places tension on those repairs, often leading to increased pain, stiffness, and slower early recovery.

The Jiffy Knee™ procedure is a minimally traumatic, muscle- and tendon-sparing approach designed to preserve soft tissue. Rather than cutting the quadriceps tendon or major muscles, Dr. Mustovich uses specialized instruments and techniques to gently mobilize and slide soft tissues aside to access the knee joint.



Traditional Exposure

Jiffy Knee™ Exposure

By preserving the body's natural structures, many patients experience a more comfortable early recovery and can return to daily activities sooner than with traditional approaches.

Many patients experience:

- Reduced early postoperative pain and swelling
- Less reliance on narcotic pain medication (often a single prescription)
- Faster improvements in range of motion
- Earlier transition off walkers and canes (average: ~7 days)
- Earlier return to driving (average: ~10 days)
- Quicker return to work and recreational activities

The Jiffy Knee™ procedure involves no additional costs or upcharges, is time-neutral in the operating room, and is covered by insurance as a standard total knee replacement. If you are a candidate for traditional knee replacement surgery, you may also be a candidate for the Jiffy Knee™ procedure.

The Jiffy Knee™ Procedure FAQs

1. What is the Jiffy Knee™ procedure?

The Jiffy Knee™ procedure is a minimally traumatic total knee replacement that spares muscles and tendons, helping reduce surgical trauma and support a more comfortable recovery.

2. How does it differ from traditional knee replacement?

Unlike traditional approaches, the Jiffy Knee™ procedure uses a muscle- and tendon-sparing technique, which may result in less pain and faster recovery.

3. What are the benefits of the Jiffy Knee™ procedure?

Benefits may include reduced postoperative pain, quicker recovery, preserved muscles and tendons, and a more natural-feeling knee.

4. How safe is this procedure?

The Jiffy Knee™ procedure uses a refined, minimally traumatic approach that is widely regarded as safe. As with any surgery, risks are reviewed in detail during your consultation.

5. How long does recovery take?

Many patients experience a faster recovery compared to traditional knee replacement and are encouraged to begin moving soon after surgery. Recovery time varies by individual.

6. Am I a good candidate for the Jiffy Knee™ procedure?

Candidacy depends on factors such as overall health, activity level, and knee condition. A consultation is required to determine if this approach is right for you.

7. What if I have more questions?

We're happy to help. A consultation with Dr. Mustovich allows time to review your options and answer all of your questions.

8. Where can I learn more?

Visit JiffyKnee.com for additional information. Dr. Mustovich will also review details during your consultation.

9. How much experience does Dr. Mustovich have with this procedure?

Dr. Mustovich has over 10 years of experience and has performed more than 1,000 knee replacements. He completed specialized training in the Jiffy Knee™ technique and has since performed many minimally traumatic knee replacements.

10. How long has this method been used?

The Jiffy Knee™ technique is based on decades of research in muscle- and tendon-sparing surgery, with refinements developed over the past 10-15 years.

11. Why doesn't every surgeon offer this procedure?

Not all surgeons are trained in the Jiffy Knee™ technique. Dr. Mustovich pursued specialized training to offer this minimally traumatic approach and its potential recovery benefits.

12. Is the Jiffy Knee™ procedure covered by insurance?

Yes. If your insurance covers knee replacement and we accept your plan, the Jiffy Knee™ procedure is typically covered.

13. What is the BMI criteria?

A BMI under 40 is generally recommended for optimal outcomes, though this is not a strict requirement. Individual factors are reviewed during your consultation.