

PROVEN ORTHOPEDIC CARE IN SUN VALLEY

Matthew Kopplin, MD, and Zenergy Sports Rehab achieve results

by Sabina Dana Plasse

OVER THE PAST DECADE, ORTHOPEDIC SURGERY HAS SIGNIFICANTLY TRANSFORMED WHAT IT MEANS TO “AGE.” With fewer invasive knee and hip replacement surgeries and innovative techniques, patients are achieving results that allow them to not only maintain their quality of life, but often to return to activities they had previously enjoyed. These advancements, in conjunction with a superb local team, have benefitted the Sun Valley community, offering a more positive outlook on aging and allowing residents and others to stay in Sun Valley for surgery and rehabilitation without extensive travel.

Sun Valley Sports Medicine’s Matthew Kopplin, MD, has been practicing hip and knee replacement surgery for the last eight years in the Wood River Valley, focusing on rehabilitation and pain management. With his approach to anterior hip replacements, related surgeries,



Left: Karoline Droege, MPT, providing physical therapy

Below: Zenergy Sports Rehabilitation Clinic



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and knee replacements, he performs an average of 400 surgeries annually, an impressive total for such a small community. His background in engineering and business combine with his medical degree to provide a great analytical framework and a problem-solving mentality, a natural fit for orthopedics. “I perform knee and hip surgery but draw more hips because I do anterior hip surgery, which is becoming more common. The anterior process heals quicker and is less painful,” he explains. “The advantage of using live X-rays in surgery and confirming in real time what I am doing as a surgeon leads to a lower dislocation risk, which can be nasty, and less muscle trauma. People can return to their activities, especially committed skiers to skiing.”

Along with proven and successful surgery, Dr. Kopplin is committed to the entire procedure and rehabilitation process—taking a patient to the finish line. At Zenergy Sports Rehabilitation Clinic, results are fully realized as Dr. Kopplin works closely with Zenergy physical therapists Karoline Droege, MPT, and Kyle Sela, DPT, CSCS, and OCS, during every step of the process, catering not only to Sun Valley residents but also to increasing numbers of patients residing outside the Valley in southern Idaho.

“Due to previous injuries, knee pain had been my daily reality for a long period of time,” says Kristin, a former Dr. Kopplin

patient. “It was beginning to impact my ability to participate in activities I love, most significantly skiing and mountain biking. Over this past winter, I finally decided it was time for a total knee replacement. I do not currently reside in the Wood River Valley. However, I knew having Dr. Kopplin and his team perform my surgery would give me the best possible outcome, and therefore, I decided to travel to Ketchum. Dr. Kopplin has a good understanding of active individuals and replaces joints with the goal of continuing to pursue our favorite sports and hobbies.”

Opposite: Karoline Droege, MPT, Matthew Kopplin, MD, and Kyle Sela, DPT, CSCS, and OCS

“The integrated approach and close coordination between Dr. Kopplin and Zenergy Sports Rehab provided a seamless surgery and recovery process and a positive outcome.”

—Jeff Sisson

She adds, “Not only did I travel to Ketchum for surgery, but I also knew the importance of rehabilitation, and I wanted one of the best physical therapists, Karoline Droege, at Zenergy Sports Rehab. After having Dr. Kopplin replace my knee and spending six weeks in rehabilitation with Karoline, I finally feel like I have my life back. I can do the things I love without pain and cannot wait for this upcoming ski season.”

Changing how people care for their arthritis and joint replacements has been transformational for those who want pain-free mobility, enjoyment in their sports, and basic functioning. And Zenergy helps make it available to most people by accepting both health insurance and Medicare. Idaho is a direct access state, so referrals are not required.

“Dr. Kopplin has incredible systems in place,” says Droege. “His surgical team, which includes St. Luke’s hospital staff, has an excellent understanding of pain management. In addition, Dr. Kopplin is always available to us. We all have his cell phone, and when we need him, he responds. We do many things in physical therapy, but a huge component is education. We see patients before surgery to discuss the process, which is also important to Dr. Kopplin. He has a notebook for each patient to manage expectations on how they feel, exercises to do, and what will happen with swelling, pain, and contracting muscles.”

Outpatient surgery and recovery within weeks are remarkable achievements in joint replacement surgery, especially when surgery and recovery are close to home. As one patient, Gary, says, “Dr. Kopplin replaced my left hip, which had been causing me a lot of pain and holding me back from skiing and mountain biking as much as I wanted to. I could not have been happier with the surgery results. I was up and walking in no time and working with Kyle at Zenergy Sports Rehab. I was back on the mountain and skiing in six weeks.”

To fully optimize results, Dr. Kopplin recommends engaging in rehabilitation activity for two years, which is suitable for Sun Valley’s athletic and outdoor recreation lifestyle. “Patients need to have confidence in the whole package of their care,” he says. “Confidence in their surgeon and therapist, who provide the most contact hours, is essential. Patients won’t do as well if they don’t feel right in these elements.” Zenergy’s relationship with Dr. Kopplin is one of outstanding professionalism. He believes in what Zenergy does and is always happy to write a referral for those who would like to go to rehab at Zenergy. “Dr. Kopplin’s practice is unique in that he focuses on knees and hips, the most common joint replacements in Sun Valley,” says Kyle Sela. “His

global training and expertise make him a top-notch surgeon, and his commitment to the Wood River Valley sets him apart. We are fortunate to have someone of his caliber in the Valley, especially given his surgical skill and comprehensive approach to pain management and rehabilitation.”

At the age of 88, twins Sandra Sheeline and Sibyl Hansen ski with Mountain Masters on Baldy every winter. They are known as “Double Trouble” by their teammates because they each ski over 80 days each season. “Dr. Kopplin replaced all four of our knees, thankfully, because now we can continue skiing up on the mountain as ‘Double Trouble.’ Rehab with Kyle Sela was key for both of us to recover from the surgeries,” they say.

Patient Jeff Sisson adds, “After years of living with knee pain from arthritis and injuries, I decided to move forward with a total knee replacement this winter. I could have gone anywhere in the country for this procedure. After researching, I learned we have top options here in the Valley with Dr. Kopplin at St. Luke’s Sun Valley Sports Medicine and Zenergy. Dr. Kopplin and his St. Luke’s team were very thorough and communicative and provided excellent planning, surgery, and post-surgical care. Shortly after surgery, I was working with physical therapist Karoline Droege at Zenergy on my rehab program. Karoline helped me every step of the way with a program designed to build strength and achieve recovery milestones. I’m back on the gravel bike, enjoying the summer outdoors, and my new knee feels great. The integrated approach and close coordination between Dr. Kopplin and Zenergy Sports Rehab provided a seamless surgery and recovery process and a positive outcome. I feel very fortunate to have been treated by Dr. Kopplin and Karoline, who both understand and live the active lifestyle we enjoy in the Wood River Valley.” ■

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