

Charles Toulson, M.D., M.B.A.

ORTHOPEDIC SURGEON

PREMIER SURGEON FOR HIP AND KNEE REPLACEMENT



Dr. Charles Toulson founded Dallas' premier destination for hip and knee replacement, Alpha-Orthopedics & Sports Medicine. Conveniently located in Dallas and McKinney, his practice provides care for a full range of musculoskeletal disorders, diseases, and injuries to the human body.

Dr. Toulson and his team at Alpha Orthopedics & Sports Medicine share a passion for excellence in orthopedic care, and they work together to provide just that. Areas of specialty include, adult hip and knee reconstruction, adult hip and knee revisions, Robotic-Assisted joint resurfacing, knee arthroscopy, foot, ankle and trauma.

DIRECT ANTERIOR HIP REPLACEMENT

Dr. Toulson is a pioneer in direct anterior hip replacement surgery. Using only a three-to-four-inch incision, anterior hip replacement surgery allows for a faster recovery, less pain, and alleviates the need for postoperative hip range of motion restrictions. As a result of its muscle-sparing approach, it is most attractive to patients. This minimally invasive technique is so effective that patients are often walking the same or next day without a walker, cane, or crutches.

Norman, a former Dallas Cowboy football player, had been living with hip pain for 7 years before becoming a recipient of a hip replacement surgery performed by Dr. Toulson. Upon meeting Dr. Toulson for his surgery, Norman expressed his experience by noting, "My first impression of Dr. Toulson, I came away with the word 'genius.' I was very impressed with his very positive attitude, his knowledge, his willingness and ability to explain to myself exactly what was going to happen."

Dr. Toulson stated: "My preferred technique for replacing a hip is going through the front of the hip, the anterior supine hip replacement. With this technique we can get to the hip without damaging any muscle at all, and if we don't damage any muscle...patients can recover quicker than ever before."

Norman continued, "After the surgery I was walking around basically the next day. I was very, very happy with the outcome and very happy with the little time it took to recuperate. In my opinion, my life was back to normal in two weeks and I was thrilled with that."

ROBOTIC-ASSISTED HIP AND KNEE REPLACEMENT

Dr. Toulson is considered a leader in the Dallas/Fort Worth area in Robotic-Assisted hip and knee replacement and has performed more robotic joint replacements than any other surgeon in the area.



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He was the first surgeon in the area to perform a direct anterior hip replacement with robotic assistance. Most recently, Dr. Toulson completed the first ever, total knee replacement for both of a patient's knees bilaterally (simultaneously) using the MAKO™ Robotic-Arm Assisted Technology.

OUTPATIENT JOINT REPLACEMENT PROGRAM

Dr. Toulson is also a forerunner in same-day or next-day joint replacement surgery. The reason for his success is his minimally invasive, muscle-sparing surgical technique. His patients are returning to their active lifestyle quicker than ever before.

A PATIENT'S EXPERIENCE

Rebecca went to see Dr. Toulson as a patient with severe arthritis in both her knees. She shares, "I was having severe pain in my knees. I had difficulty going up and down stairs, steps, even the curb. It hurt so bad to walk, even short distances."

Dr. Toulson explains, "When patients come in with arthritis, we often try non-operative means of treatment before we talk about surgery." Once patients exhaust non-operative options for knee arthritis, Dr. Toulson sits down with the patients and talks to them about the benefits and the risks of total knee replacements.

Rebecca needed knee replacement surgery in both knees. She smiled and shared, "The surgery went wonderful. I haven't had any problems and everyday it gets better and better. I can walk up the steps now getting into my home."

A total knee replacement is when the surgeon removes all the cartilage and lining of a knee joint and replaces it with metal and plastic. The total knee replacement often functions just like a normal knee does. Patients often have no pain and most times patients forget that they actually have had a knee replacement. The MAKO™ Robotic-Arm Assisted Technology allows for superior accuracy and precision in the placement of the new hip or knee joint.

After knee replacement surgery, patients can return to the same activities that they enjoyed before the surgery. Both hip and knee replacement surgeries are one of the most successful surgeries ever invented. "A year after their surgery, 96%-98% of patients are either satisfied or very satisfied with their joint replacement," affirms Dr. Toulson.



When Dr. Toulson is not with his patients you can find him enjoying time with his wife Deryn and three children, at their home in Frisco.



**ALPHA ORTHOPEDICS
& SPORTS MEDICINE**



ROBOTIC-ARM ASSISTED SURGERY

MAKO™ Robotic-Arm Assisted Technology assists Dr. Toulson in surgery by providing his patients with a personalized surgical experience as was the case with Rebecca’s knee replacement. A 3D model of the patient’s hip or knee will be built using the 3D analysis obtained from the patient’s CAT scan. This 3D model is used to pre-plan the performing of the patient’s joint replacement surgery, which also allows Dr. Toulson to see the patient’s hip or knee in real-time during the surgery—creating a more predictable surgical experience.

Dr. Toulson explains: “This 3D technology allows me to see the orientation, alignment, rotation and actual size of the implant that we will be using. So, I can actually see with 3D technology what the implant looks like and I can make adjustments in surgery to balance the ligaments inside of the knee.”

The MAKO™ Robotic-Arm assists Dr. Toulson in performing precise surgeries. “What’s critical is the MAKO robot will not permit me to deviate outside of the plan that

we have instituted in the very beginning of surgery. As the surgeon, I’m still doing the surgery, the robot is simply allowing me to do it in a more precise manner,” says Dr. Toulson. “The MAKOplasty robot assists me in placing perfectly aligned implants. As a surgeon, it’s very exciting to see that we can do this reproducibly, consistently, and do it successfully.”

EDUCATION AND TRAINING

Medical degree from the University of North Carolina at Chapel Hill, extensive training from John Hopkins Hospital and sub-specialty training at the Hospital for Special Surgery in New York – the No. 1-ranked orthopedic hospital in the country, Executive M.B.A. Baylor University

Dr. Toulson’s education and training are only outmatched by his warm smile and kind-hearted nature, which extends to his entire staff. At Alpha Orthopedics & Sport Medicine, every patient is considered part of the family. **LW**

ALPHA ORTHOPEDICS & SPORTS MEDICINE LOCATIONS:

DR. TOULSON SPECIALIZES IN:

- € Robotic Joint Replacement
- € Total Hip Replacement
- € Total Knee Replacement
- € Partial Knee Replacement

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