

Orthopaedics



PENNSYLVANIA HEALTHCARE PROFILES

A Step Ahead

Christopher Reb, DO, returned to his hometown at Penn State Bone and Joint Institute to improve patients' quality of life through orthopaedic surgeries.



ABOVE: Christopher Reb, DO, with Penn State Health Milton S. Hershey Medical Center examines Amber Bruchalski of Hanover during an appointment.

Far too often, by the time someone realizes they need foot or ankle surgery, it's already late in the game. Foot or ankle injuries that go untreated can negatively affect someone's quality of life and only get worse with time. This is where Christopher Reb, DO, at Penn State Bone and Joint Institute steps in.

"It's like when people delay replacing the roof of their new house," he says. "Neglected injuries can cause prolonged pain or unnecessary functional impairments. Getting to them sooner can make a big difference."

U.S. News & World Report has ranked Penn State Health Milton S. Hershey Medical Center as one of the best hospitals in the nation for orthopaedic care. With its team of specialized surgeons, physicians, and other experts, Penn State Health offers leading-edge, comprehensive

care for those experiencing issues with the bones, muscles, and joints. Orthopaedic treatments range from routine preventive joint care for athletes to complex joint replacement surgery using minimally invasive procedures and the latest technology.

Mending the Community

Orthopaedic conditions can affect people of all ages. From treating high school and college athletes to older patients with chronic conditions like rheumatoid arthritis, Dr. Reb has a wide range of expertise in the biomechanics and pathology of the musculoskeletal system. He practices primary prevention to help patients avoid problems in the first place or treat injuries earlier rather than later.

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CHRISTOPHER REB, DO

Dr. Reb's expertise includes highly specialized treatments most people may not be familiar with, such as ankle trauma reconstruction, heel bone fracture repair, or total ankle or joint replacement. He also works with foot deformity corrections for parts of the foot that are out of alignment and cause problems with everyday tasks, like walking.

Preventing or fixing orthopaedic issues begins with forming relationships. "My goal is to get to know who the patient is and what they're trying to do so I can solve the problems getting in their way," he says.

For Dr. Reb, who grew up in the area while his mother worked at the medical school, working at Penn State Health feels like he has come full circle. Returning to his hometown after five years practicing at the University of Florida is both humbling and exciting.

"It takes an already engaging and meaningful occupation and makes it more personal," Dr. Reb notes. "Many of the patients I treat are folks I know, so I feel more embedded into the community I'm serving."