



Jon Bon Jovi, pictured here with his podiatrist, John Connors, DPM, is back to his active life due to the expert care he received at Riverview.

Rock On

Riverview Medical Center Riverview Medical Center helped Jon Bon Jovi get back to performing pain free.

FOR THE PAST THREE DECADES, JON BON Jovi has been performing concerts all over the world in front of millions of loyal fans. What those fans did not realize was that he was pushing through intense foot pain for many of those concerts. “The pain was so severe during my 2013 Because We Can Tour that I would want to jump through the ceiling whenever it was touched,” Jon says. “I got to the point where I was given injection therapy, orthotics, Shockwave

therapy, and platelet rich plasma (PRP) therapy, but they did not alleviate the chronic condition.” PRP therapy is a revolutionary new treatment that relieves orthopedic pain through injections of the patient’s own blood.

Making an Appointment

After the tour concluded, Jon revisited **John Connors, DPM**, a sports podiatrist at Riverview Medical Center, who has been treating him for more than six

years. Dr. Connors explained that he had chronic plantar fasciitis and there were few options left.

Chronic plantar fasciitis is a very common and painful disorder that affects the heel and bottom of the foot. It is often caused by overuse injury of the plantar fascia — the ligament that connects your heel bone to your toes.

“Plantar fasciitis is one of the most



John Connors, DPM
Board certified in
Podiatric Surgery
Little Silver
1-800-560-9990

common sports-related injuries I see,” Dr. Connors says. “Jon had two choices: either live with the pain or operate to release the ligament. Since Jon is still active as a performer and an avid runner, I recommended the surgery because the pain was affecting his ability to work and exercise.”

A Minimally Invasive Surgery

At Riverview, under the care of Dr. Connors, Jon underwent endoscopic plantar fasciotomy (EPF), which is a minimally invasive and minimally traumatic surgical treatment for chronic plantar fasciitis. The surgery is performed to release the plantar fascia. This is needed in cases that do not respond to conservative, nonsurgical treatment. Dr. Connors has also performed this surgery on some of the best athletes in the world, including world record holders and Olympic champions.

Dr. Connors made a small incision on either side of the heel and inserted a cannula (or camera), which allowed him to surgically release the proximal medial

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band of the plantar fascia with small instruments. There are many benefits to minimally invasive surgery, like less pain, a shorter hospital stay, less scarring, and smaller incisions. The surgery was performed in the afternoon, and Jon was back home by early evening.

Back to Performing Pain Free

Following surgery Jon wore a boot on his surgically repaired foot for two weeks to allow the tissue to heal. “The hardest thing was holding him back from running and using the elliptical because he had little postoperative pain,” Dr. Connors says. “This was tough because a lot of times people use pain as a form of guidance. His wife and kids had to stay on top of

him to follow the rehabilitation plan.”

Six weeks is the typical recovery time for this surgery. “Exactly six weeks later, Jon was again walking and jogging on the treadmill,” Dr. Connors added. “He is now 100 percent for the first time in years.”

When asked about Riverview, Jon says, “I have had nothing but great experiences at Riverview. They brought our four children into the world and have been great to my family whenever we have been there for care.”

Giving Back

Being back on his feet has also allowed Jon to continue spending time on another passion of his: improving the health and well-being of the residents of New Jersey. The Jon Bon Jovi Soul Foundation exists to combat issues that force families and individuals into economic despair. By funding and creating programs and partnerships, the foundation supports innovative community efforts to break the cycle of poverty and homelessness.

In 2011, Jon and his wife, Dorothea, opened the JBJ Soul Kitchen, a charitable restaurant uniquely their own where those who can afford to pay are encouraged to participate alongside those who are in need and volunteer for their meal.

“I was born and raised in New Jersey. Giving back to this community will always be important to me,” Jon says.

by Robert Cavanaugh

Get Your Joints in Motion



Our bodies are supposed to provide us with smooth, pain-free movement, and bone and joint health are critical to everyday health. Your Meridian Health team is committed to helping you maintain this health. Learn more about our educational programs that focus on wellness and ways to protect your bone and joint health at MeridianOrthopedicsNJ.com.