



COASTAL ORTHOPEDICS

Is Knee Replacement Right for You?

John Harkess, M.D.

About Dr. John Harkess

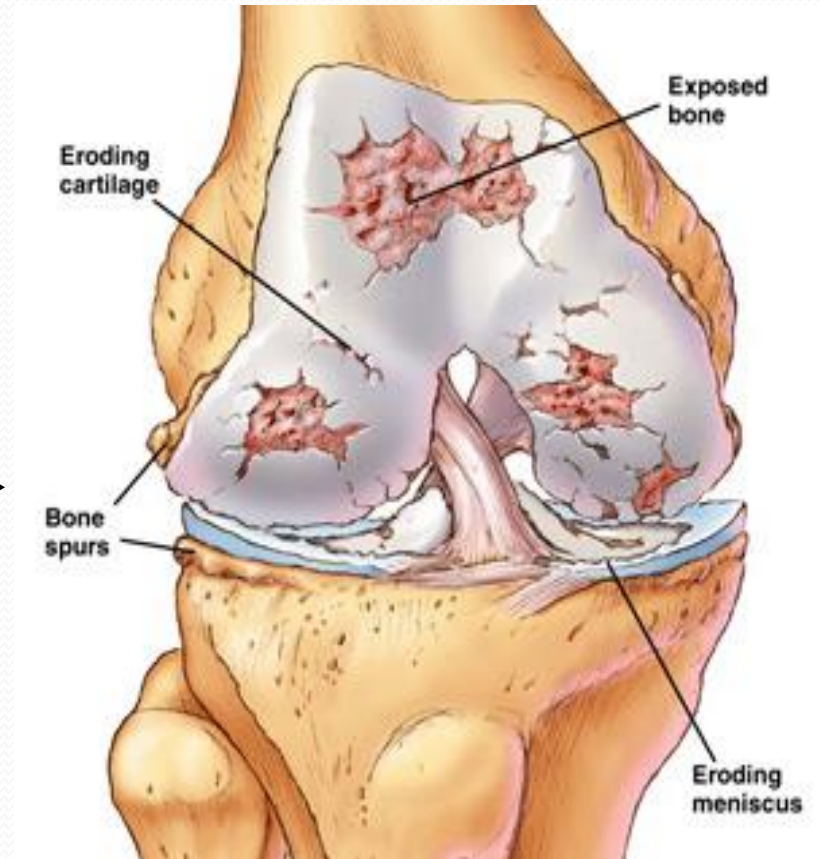
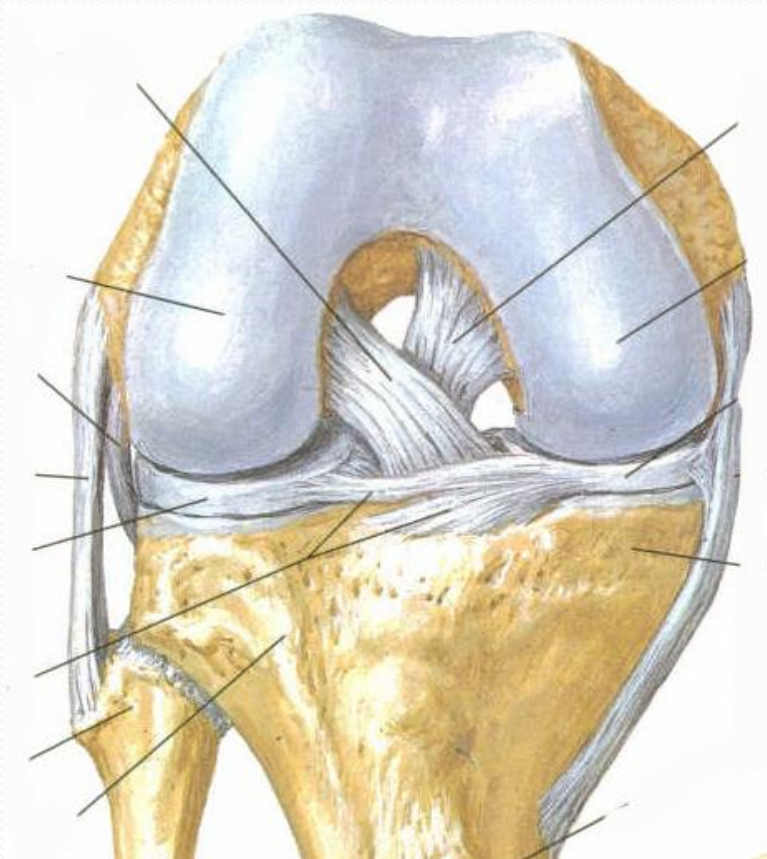
- College: University of Virginia
- Medical School: University of Tennessee
- Residency: UT/Campbell Clinic
- Fellowship: Total Joint Replacement – Scripps Clinic
- Joined Coastal Orthopedics 2017

Arthritis

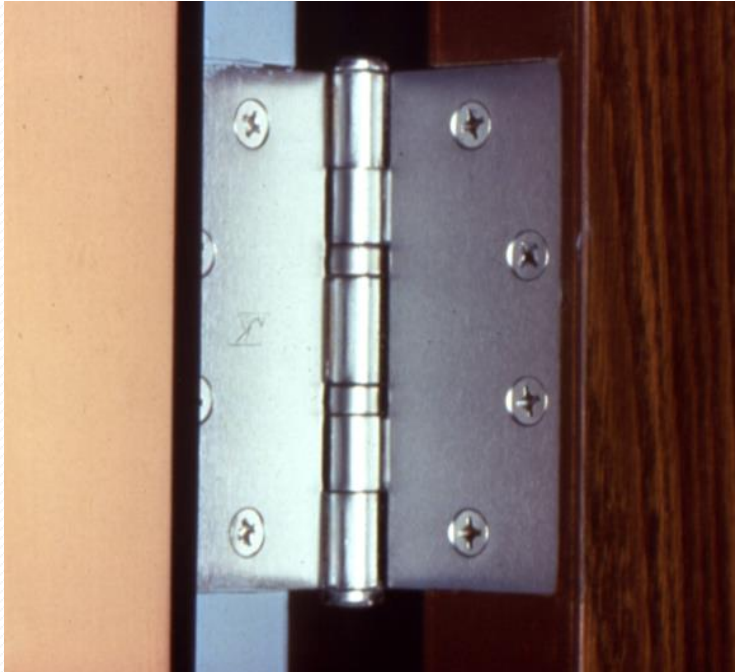
- Quality of Life Issue
 - Two Main factors
 - 1) Pain
 - 2) Function
- Each person responds differently to the pain and limitations imposed by arthritis

Arthritis

- What is it?



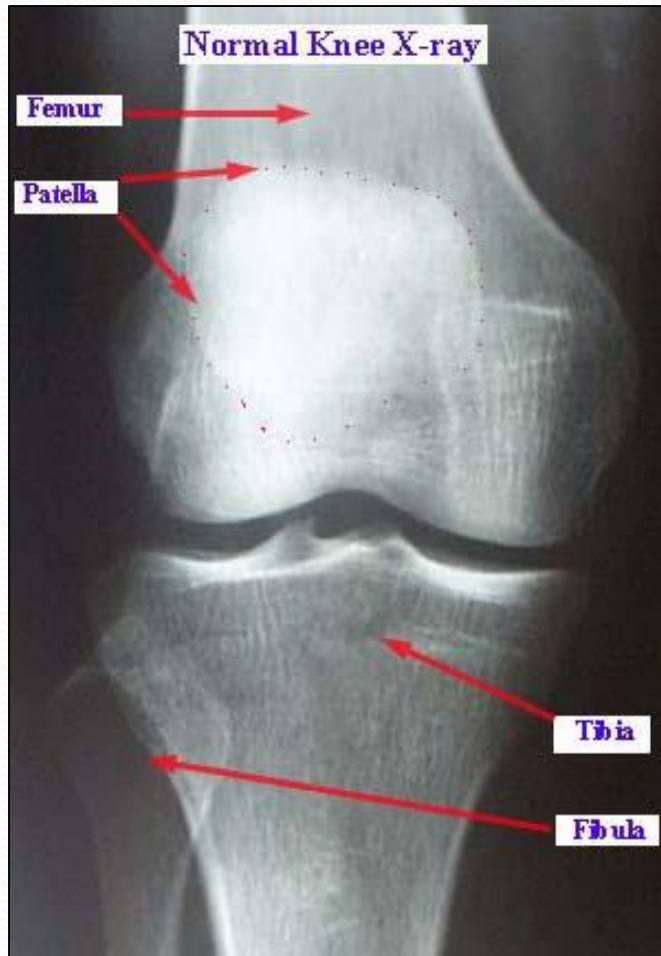
Arthritis



- Healthy Cartilage
- Well Lubricated
- Full Motion
- Pain Free

- Damage to cartilage
- Loss of lubrication
- Loss of Motion
- Pain

Radiographs



Causes of Arthritis

- Wear and Tear theory - Osteoarthritis
- Likely genetic with incomplete expression
- Rare specific causes
 - Traumatic
 - Inflammatory arthritis
 - Developmental



Prevalence of Knee Arthritis

- 12.5% of the population age 45 years old and older
- 600,000 total knee replacements performed each year in US.
- Expect higher incidence of arthritis as population ages.
- By 2030, estimate 3.4 million total knee replacements per year.

Kurtz, S, Ong K, Lau E, Mowat F, Halpern M. Projections of Primary and Revision Hip and Knee Arthroplasty in the Unites States from 2005 to 2030. J Bone and Joint Surg Am. 2007;89:780-5.



Symptoms

- Knee Pain
 - Chronic ache with possible night pain
 - Made worse with weight bearing and going up and down stairs
 - Worse at the end of the day
 - Gradually worsens with time
- Stiffness
- Giving way
- Swelling
- Limp



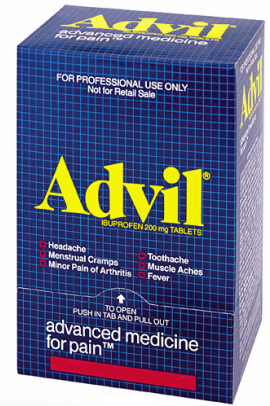
Limitations

- Progressive stepwise decline
- Initially high impact activities
 - Golf and tennis
- Normal daily activities
 - Shopping or walking
- Late terminal limitations
 - Sleeping
 - Pain at rest
 - Getting to the bathroom



Non-operative Treatment Options

- Activity Modification
- Medical Therapy
 - Ibuprofen
 - COX II inhibitors
 - Glucosamine Sulfate
- Physical Therapy
- Injections
 - Corticosteroid
 - Viscosupplementation - Synvisc



Surgical Options

- Partial Knee Replacement
- Total Knee Replacement

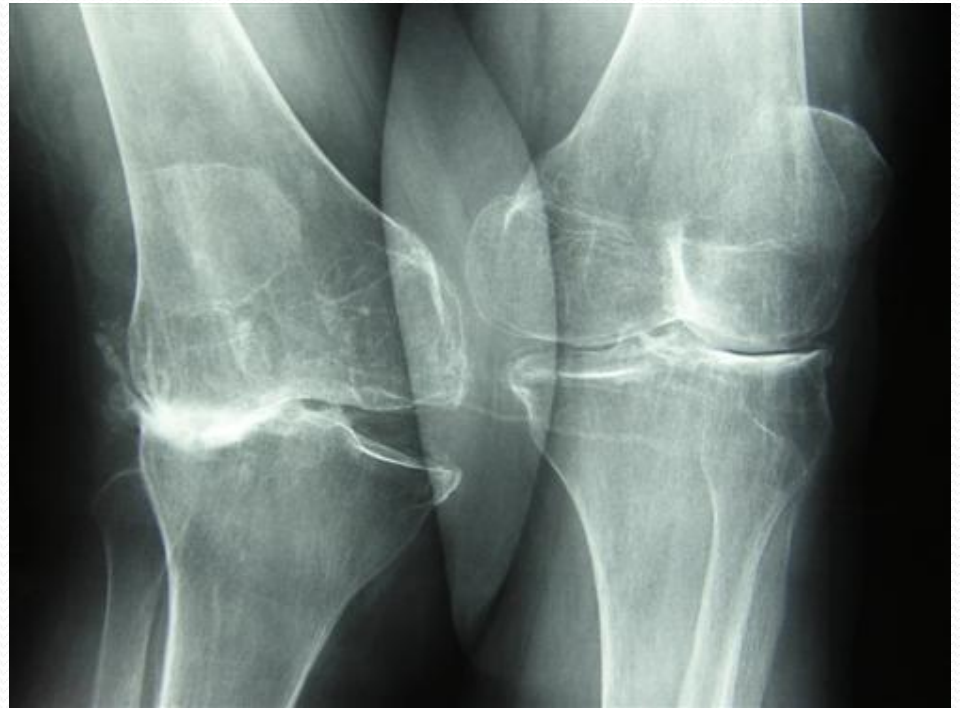




When is the time right?

Severity of Disease

- Xrays
- Mechanical symptoms



Health

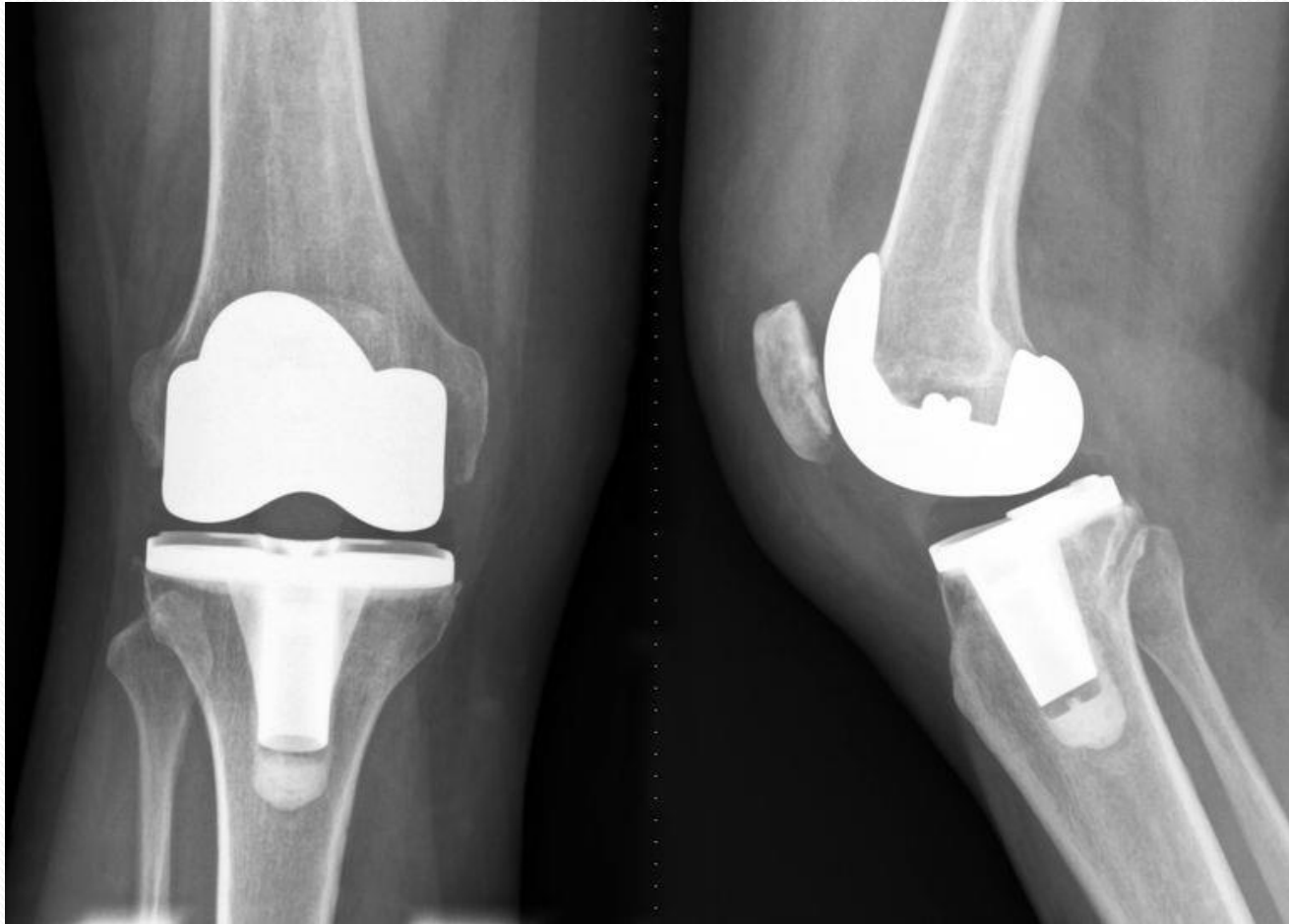
- Stable medical conditions
- Cardiology clearance
- Able to come off blood thinners
- BMI <40
- Good diabetic management
 - (A1C <7)

Quality of life

- Interference with activities of daily living
- Missing out on hobbies and activities
- Night pain



Surgery



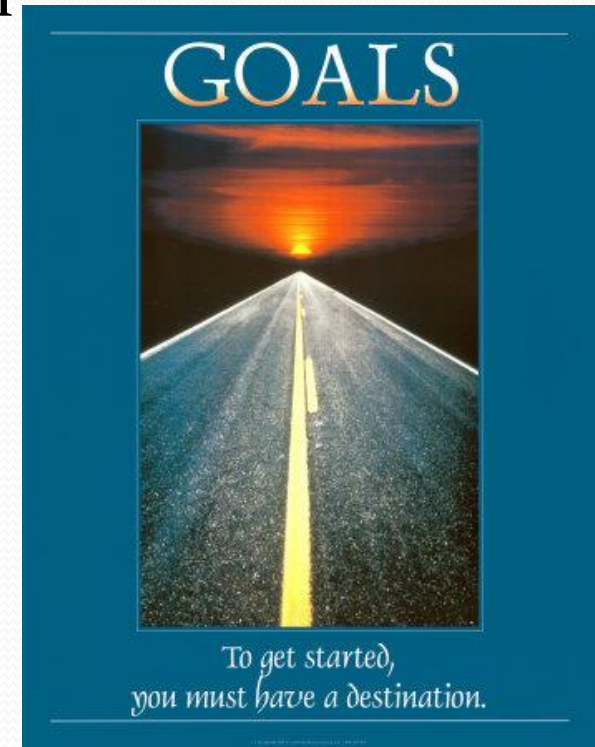
Determinants of Success

- 1) Your surgeon
- 2) Pre-operative education and preparation
- 3) Peri-operative pain control
- 4) Hospital environment
- 5) Post-operative care and recovery

Success

Preoperative education and preparation

- Home evaluation
- Family assistance
- Set realistic goals and expectations



Success

Multifaceted approach to peri-operative pain control is essential

- Anti-inflammatories
- Systemic steroids
- Anesthesia
 - Spinal/epidural
 - Femoral/Sciatic nerve blocks
- Non-narcotic pain medication
 - Ultram or Neurontin OR Lyrica

Success

- Hospital environment
 - Dedicated joint replacement floor
 - Tested pathway
- Coastal Orthopedics' Ambulatory Surgery Center
 - Same day surgeries for appropriate patients
 - Recover in comfort at home

Success

- Postoperative care and recovery
 - Early mobilization
 - Focused physical therapy
 - Amenable home environment



Recovery

- Expect...
 - To be out of bed day zero
 - Full weight bearing
 - Be **HOME** in 0-2 days
 - To use a walker for < 1 week
 - To use a cane for < 2 weeks
 - Drive at 4 weeks
 - Return to low-impact activities by 2-4 weeks
 - Return to higher-impact activities by 6-12 weeks



Questions?



COASTAL ORTHOPEDICS