



Live pain free

Know your options

What causes hip or knee pain?

Injury, over-use, or lack of use can cause short-term pain. However, if the pain lasts longer than a few weeks, seek medical advice. Arthritis is the single greatest cause of chronic hip and knee pain, and disability in America.

24% of all adults have arthritis

(CDC, Nov 2021)

Symptoms of arthritis

- Chronic pain
- Joint stiffness
- Joint tenderness
- Swelling around the joint
- Decreased/limited range of motion
- Warmth and/or redness around the joint

Treating arthritis

If you suffer from one or more of the symptoms above, see your doctor. Although there is no cure for arthritis, the earlier you seek treatment, the more options you will have. Your doctor may suggest the following:

- Physical therapy to strengthen muscles and improve range of motion
- Topical solutions to reduce joint aches and pains
- Anti-inflammatory or pain reducing drugs, such as aspirin, acetaminophen and ibuprofen
- Disease-modifying anti-rheumatic drugs (DMARDs)
- Corticosteroid injections
- Non-steroidal anti-inflammatory drugs (NSAIDs)

Surgical options for arthritis

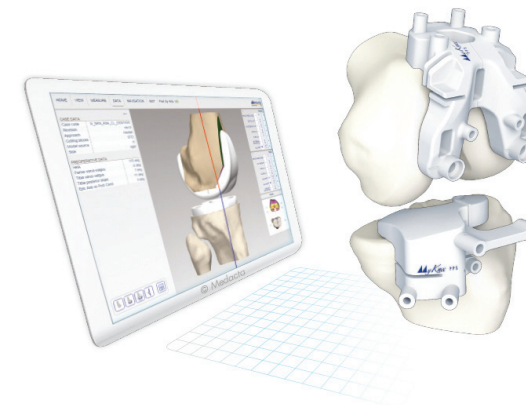
When lifestyle changes and medicine aren't enough, surgery may be the recommended option. Today, through a select few orthopedic surgeons, patients have the opportunity of in or outpatient hip or knee surgery, as well as advanced surgical techniques for performing the surgery. These advanced techniques allow surgeons to personalize the procedure and optimize patient outcomes.

Advances in surgical techniques and technology allow hip and knee replacement patients to recover faster and with less risk

Advances in hip and knee replacement treatment options including implant design, pain and blood loss management, as well as minimally invasive surgical techniques are producing fewer complications, fewer infections, greater satisfaction, and shorter recovery times. Innovative 3D preoperative planning technology allows surgeons to make patient-specific bone cutting templates that determine which implant size, position and alignment is best suited for individual patients.

ADVANCED TECHNIQUE IN KNEE REPLACEMENT:

Unicompartmental approach



Today, orthopedic surgeons can provide equal or better clinical and functional outcomes to patients suffering from arthritis utilizing a "partial" or **unicompartmental approach**. This minimally invasive surgery utilizes a smaller incision and, unlike a total knee replacement, only resurfaces the damaged bone and cartilage. All the knee's ligaments and tendons, along with their muscles are left undisturbed while the knee is returned to its pre-diseased state, leading to a more natural feeling knee.

If a total knee replacement is necessary, the **kinematic alignment approach** is the only approach that returns the knee to its pre-diseased alignment, balance, and orientation. It allows a surgeon to reestablish the knees rotational axes. By using instruments that put the knee in its most natural position the need for ligament releases is eliminated. Patients who have had this procedure after a conventional knee replacement say it feels more like their natural knee and less artificial.

ADVANCED TECHNIQUE IN TOTAL HIP REPLACEMENT:

Direct anterior approach



The **direct anterior approach** to total hip replacement is a minimally invasive surgery to replace the hip joint without cutting through any muscles or releasing any tendons. A traditional hip replacement involves cutting or splitting the major muscles around the hip to access the hip joint. This leads to extended healing times and dislocation precautions. With an anterior hip replacement, patients enjoy a more rapid initial recovery, utilize narcotics less, and return to work and sporting activities faster than with a conventional or posterior hip approach.

99% of patients walk out and go home 90 minutes after surgery, learn how:

(352) 973-4070

www.UNOVAHipAndKnee.com

