

# Five Myths and Realities About Knee Replacement

Today, advances in surgical techniques and technologies have revolutionized knee replacement surgery, allowing more patients to consider treatment sooner. While concerns and worries are normal when considering surgery, the information listed below may help you with your decision.

## Myth No. 1:

“Arthritis pain is just part of aging. It’s just something you learn to live with.”

### Reality:

Osteoarthritis affects nearly 21 million Americans today and will affect potentially up to 72 million people by 2030.<sup>1</sup> Yet many Americans choose years of conservative care (physical therapy, drugs, injections) to lessen, but not eliminate, their joint pain.

While more than 500,000 total knee replacements are performed each year in the U.S., it is estimated that more than double that number of people are good candidates for such a procedure.<sup>2</sup> Top orthopaedic surgeons have a message for them - “don’t wait”. If everyday activities are causing pain and interfering with your daily life, you may benefit from a referral to an orthopaedic surgeon.

## Myth No. 2:

“A knee replacement won’t feel natural.”

### Reality:

There have been significant advances in materials, designs, and surgical procedures for knee replacement. DePuy Orthopaedics, Inc. offers unique implants, Rotating Platform (RP) Knees, that more accurately recreate the feel and movement of a natural knee.

## Myth No. 3:

“I’m too young for a knee replacement.”

### Reality:

Candidacy for a knee replacement is not based on age, but on the person’s level of pain and immobility. In fact, according to the National Center for Health Statistics, 38% of all patients undergoing a knee replacement today are younger than 64 years old.<sup>3</sup> As a result of advances in implant technology, patients may benefit from knee replacement options such as the Rotating Platform (RP) Knee that’s engineered to help patients move freely and naturally and reduce or eliminate knee pain.

Often times, a patient is actually fearful about the uncertainty of surgery. Yet many of these same patients often wish they had done it sooner. Once they are able to resume many of the activities they enjoyed before the surgery, with increased mobility and without pain, they are very happy they had the surgery.

## Myth No. 4:

"I should wait as long as possible to undergo knee replacement surgery."

### Reality:

Many patients who could benefit greatly from a knee replacement wait too long. Delaying surgery lowers a patients' quality of life not only before the operation, but even for up to two years following surgery according to a study in *Arthritis & Rheumatism*.<sup>4</sup>

Osteoarthritis is a degenerative disease that continues to damage the joint and delaying surgery makes both surgery and return to activity more difficult.

## Myth No. 5:

"All knee implants are the same."

### Reality:

Today, knee replacement patients have a choice of knee implant types as well as a variety of implant shapes and sizes designed to accommodate specific needs and different lifestyles. Talk to your orthopaedic surgeon about your individual needs and the clinical history of the implant your surgeon recommends for you.

## Knee Implants

There are two types of knee replacements available today: Fixed-Bearing and Mobile-Bearing Knees. Fixed-bearing knees are the most widely used type of knee replacements. The new designs and materials of DePuy Orthopaedics' fixed-bearing knees provide stability of the knee replacement and distribute pressure evenly throughout the joint, which helps reduce wear. DePuy Orthopaedics' Rotating Platform Knees, a type of mobile-bearing knee, are designed to rotate as they bend, imitating a natural feel and movement, further reducing wear when compared to fixed-bearing knees.<sup>5</sup>

## Consult an orthopaedic surgeon

The life of knee replacements depends on age, activity level, and other factors. People with current infections or conditions limiting rehabilitation should not have surgery. There are potential risks and recovery takes time. The most common adverse events after arthroplasty include change in position of the components, loosening of components, fracture of components, dislocation, infection and tissue reaction. Only an orthopaedic surgeon can tell if knee replacement is right for you.

Additional information regarding knee replacement surgery, patient stories and a list of orthopaedic surgeons in your area is available at [www.kneereplacement.com](http://www.kneereplacement.com).

### References

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