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 27 million Americans today and will affect potentially up to 72 million people by 2030.¹ 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 postpone the procedure although they are good candidates.² Many slowly begin to give up doing things that are important to them. If everyday activities are causing pain and interfering with your daily life, you may benefit from talking with an orthopaedic surgeon, no matter what your age.

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 closely mimic 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.³ As a result of advances in implant technology, patients may benefit from knee replacement options such as the Rotating Platform (RP) Knee which is designed to help patients move more naturally.

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 with less 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.⁴

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 a variety of knee solutions available today that can help restore mobility and reduce pain. A partial knee replacement can be used when only one of the three areas of your knee is damaged. A total knee replacement is used when all three areas of your knee are damaged. There are two types of total knee replacements: Fixed-Bearing and Mobile-Bearing Knees. Fixed-Bearing Knees are the most widely used knee replacement in the United States today. Rotating Platform Knees, a type of Mobile-Bearing Knee, are designed to rotate as they bend, creating a more natural movement.⁵

Important safety information
As with any medical treatment, individual results may vary. The performance of a knee replacement depends on age, weight, activity level, and other factors. People with conditions limiting rehabilitation should not have surgery. There are potential risks and recovery takes time. 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).