

Orthopaedic Connection

What If I told You.....

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Transforming patient information into patient understanding.

Not everything I want to tell you needs an entire article to be said so I have occasion to do a collection of shorter topics. Mostly these are things patients ask me so I will share the information with you.

Can you lose weight by walking?

The answer is yes, but you have to limit what you eat too for it to work which most people don't do. Walk for 1 hour, moderate pace = 300 calories burned. Eat 2 cookies or 5 – 6 marshmallow chicks in 5 minutes = 300 calories. Oops!!

If you are serious about losing weight, you have to be at about 1200 calories/day. Sounds simple, but very few people are willing to do both, that is exercise and limit intake. So gradual weight gain continues month after month.

I have gained 20 lbs in the last year and now my knees are killing me. Any relation?

Yep! You probably had some amount of arthritis that was not bothering you to any degree. Extra 20 lbs or more over what your ideal weight is on top of knee arthritis = double jeopardy.

If you lose 20 lbs or more I can't tell you your arthritis will disappear, but you may not need any other treatment.

I have knee arthritis and my doctor said arthroscopic surgery could help me. I don't want a total knee replacement.

If you have mild arthritis of the knee and a torn cartilage that is giving you most of your trouble, yes it could help your knee symptoms.

If you have a lot of arthritis and a small tear of the cartilage and you have arthroscopic surgery, it will help the Orthopaedic Surgeon more than you. I don't want you to have a procedure done that has practically no chance of providing lasting benefit for your knee.

I have knee arthritis and I got lateral wedges for my shoes. I'm not sure they help.

This approach has been used for years and it seems to help some people and others get no relief. It makes sense biomechanically that wedges should help relieve knee stress and lessen pain. It isn't going to hurt, so if you think it is helping it won't do any harm.

How often can I have a "cortisone shot" for arthritis?

If you are asking the question about the knee, I try to limit it for my patients to twice a year. On occasion I have injected a knee 3 times in a year, but I wouldn't do it on a regular basis. Depending on the circumstances a better choice might be Supartz which is a viscosupplement (lubrication) that does not contain cortisone, but is designed to relieve pain.

Does tissue mobilization help relieve joint pain?

It isn't quite that simple as yes or no, but hands on approach by massage or physical therapy can help improve range of motion by manipulating the area around the joint. If motion improves in a stiff joint, pain

usually decreases but it will not treat the arthritis within the joint. And don't forget ice for 10 minutes every 2 – 3 hours is the best natural pain relief there is.

Gratiot County Herald Archive and Office Website

I hope what you have read has raised questions. No problem!

Please log onto www.orthopodsurgeon.com. It has a huge amount of musculoskeletal information in the Website and the Archive of all previous GCH articles.

Check it out and be amazed what you can learn.

Good health. Good life. All the best to you. Be well.

Dr. Haverbush