

Orthopaedic Connection

Orthopaedic Potpourri This Week

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Transforming patient information into patient understanding.

More About Stem Cells

The Food and Drug Administration of the U.S. has not approved injection of the patient's own stem cells into the knee for treatment of arthritis. Nor has the FDA disapproved it. That is how certain clinics have been able to advertise it and do it even though there is no good research evidence that it helps knee arthritis. "Let the buyer beware."

Total Knee For Rheumatoid Arthritis

Total Knee Replacements are done for patients with osteoarthritis primarily. They are done sometimes for patients with Rheumatoid Arthritis also, but studies have shown that the results are not as good as when the TKR is done for osteoarthritis. The replacement seems to help more in the short term. RA is a body wide disease affecting tissues as well as joints and you don't get rid of the RA by replacing the joint.

Vitamin D Not Helpful For Knee Pain

A two year study of patients with painful arthritis of the knee who took Vitamin D demonstrated no benefit to those patients. The joint did not improve and pain was not relieved. This information is not a reason to stop taking Vitamin D if you are because of its benefit in so many other ways.

Arthritis of the Thumb

This is one of the most common problems I see in the office. It is also one of the most commonly misdiagnosed by other doctors in their office.

It results from wearing out of the joint where the thumb metacarpal bone articulates with one of the little carpal wrist bones.

- First you notice pain on the thumb side of the wrist
- Then your grip starts to get noticeably weaker
- You find that the thumb feels stiff.

Diagnosis: I make it by looking at plain x-rays of your hand. No MRI's are needed!

Treatment:

Heat or ice, you decide which helps the most

Try wearing a thumb splint

Try NSAIDS

Occupational Therapy

Injection of the joint which I do in the office with x-ray control

Surgery: There is a very good operation I do that is very effective in relieving pain and increasing use. I remove part of the joint and insert a tissue spacer from the Tissue Bank that eliminates the arthritis. It works.

My patients put their trust in me and what I do improves the quality of their lives

Office Website and Gratiot County Herald Archive

Wow! Your window to the Orthopaedic and musculoskeletal world opens at www.orthopodsurgeon.com. It contains the Website Library of information, Your Orthopaedic Connection and GCH archive of all previous articles.

You will be amazed at all the helpful information it contains.

All of the information pertains to everything I treat in the office and hospital.

Be well.

Dr. Haverbush