

## FAQ or Frequently Asked Questions

Is golf hard on an artificial knee?

E.B., Edmore

Yes it is, E.B. and apparently hard on knees in general as Tiger Woods showed recently. While he apparently had a knee injury jogging 10 months before, he has a lot of wear and tear changes in his left knee also. Back to "artificial knees". Swinging a golf club places as much stress on a knee replacement as does jogging or tennis. Researchers attribute the knee stress to twisting forces transferred from the upper body to the knee during the swing.

It made me happy to know this in that the total knee I use allows for this stress since the artificial parts pivot in the knee.

I use the LCS total knee prosthesis, which greatly reduces stress on the parts by pivoting. No other total knee does this, only LCS.

There seem to be a lot more total knees done than total hip replacements. Is this true?

R.S., Sheridan

Definitely. We do at least 7 total knees for every total hip in men and women.

For some reason I think the knee must be genetically programmed to wear our far more than the hip and it has a lot more stress on it from work, sports injuries and the patient's weight. Good observation R.S.

I have a bad back and need to know what is best to sleep on.

T.J., Trufant

Interesting question there, T.J. A recent study reported in the medical journal, Spine, found those who sleep on a waterbed or body conforming mattress had significant reduction in back pain, while those on a firm mattress had increased pain.

So the bottom line is a softer mattress that conforms to natural body curvatures is a better choice than a firm or worn out mattresses that doesn't conform to the body's curvatures.

All Orthopaedic Surgery problems can be evaluated by Dr. Haverbush at Lakeview Community Wellness Center in Lakeview or at the office in Alma at 315 Warwick Dr., Alma, Michigan.

Please call 989-463-6092 to schedule an appointment for either location.

Future Lakeview Community Wellness Center Clinic dates are June 27, July 11 and July 25, 2008.

And don't forget we will be happy to answer questions from readers. You can E-mail me at [orthopodsurgeon@hotmail.com](mailto:orthopodsurgeon@hotmail.com) or write to me at 315 Warwick Dr., Alma, Michigan, 48801.

Be well.

Dr. Haverbush