

## Total Knee Replacement

We have spent a lot of time recently talking about hip problems. I'd like to move down the leg to the knee. Actually from the standpoint of arthritis, we see seven times more patients with knee arthritis than hip arthritis. There are quite a few more women with knee arthritis than men.

You would think it would happen more in men, but it doesn't. Also as we pointed out in a previous article, women wait years longer to have it fixed than men.

At this time I'm jumping right into arthritis of the knee that is severe enough to have a total knee replacement. A total knee of course is a replacement of the entire knee joint surface - above and below and the kneecap surface too.

Patients are always asking to have a partial knee replacement because they saw it on TV or in a newspaper or magazine. This will be well covered in a future article. Suffice it to say, most people who want it can't have it because they have too much arthritis.

O.K. lets say we have done the appropriate history, examination and taken good x-rays that show significant knee arthritis.

You try medication, injections, a cane etc. and nothing is helping.

I would probably recommend a total knee replacement. The patient and family have to decide to go ahead and the family doctor has to agree that it would be safe medically to do the surgery.

I try to explain everything I can to educate the person about total knee replacement. I refer them to good articles about knee replacement on the office teaching web site [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com). "The best informed patient is the most satisfied patient."

There are many companies making total knee replacements, but I know that years ago I found the best one of all of them. I'm not saying the others are bad, not in any way. But one is uniquely designed to work very much like you natural knee reducing wear on the parts. It has lasted in 95% of patients more than twenty years. No other total knee can say that. For a knee replacement to last that long and probably longer it has to have the least wear on the parts. The LCS total knee replacement is the name of this remarkable product. It has truly stood the test of time as the saying goes. I have been very happy to provide this wonderful total knee to my patients. All other total knees act basically like a hinge, but our human knee is much more complicated than that. The LCS flexes and extends, but it also has a built in mechanism to allow the knee to pivot

or rotate, which our own knees do. Since the LCS is designed to do this, it reduces friction and wear tremendously.

There is much more about knee replacement surgery that we need to delve into in coming articles.

Stay tuned.

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

Please call 989-463-6092 for information or to schedule an appointment.

Future Lakeview Community Wellness Center Clinic dates are December 12, December 19, 2008 and January 2, 2009.

Please don't forget there is a wealth of accurate information about all the Orthopaedic conditions I treat on the office teaching website [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com). Please log on and check it out.

We are 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.

Our goal is simple - To help people return to more pain free functional lives.

Be well.

Dr. Haverbush