

**Lakeview Community Wellness Center
Orthopaedic Connection**

Surgical Treatment of Knee Pain

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Transforming patient information into patient understanding.

Two weeks ago when we were covering the non surgical treatment of knee pain I mentioned that surgical treatment options were coming. Now after a one week delay - here they are!

When?

Well, the best approach is to give the patient the options and let them decide when to do the surgery. No one should be "sold" or talked into surgery of the knee.

Surgery is an appropriate alternative when the conservative treatment no longer provides relief. For some patients the decision to go forward with surgery is extremely difficult.

What?

The procedure recommended depends on many factors including the type of arthritis, how far advanced it is. Also considered is the activity level a person wants to attain afterwards.

- **Osteotomy**

If you have arthritis damage in just one area of your knee a wedge of bone can be removed or added to realign the joint and help shift body weight off the damaged portion of the joint. The procedure has been around for years, but is used less because we have total knee replacement. It is a good operation for younger patients or someone who is very active. There are no limitations on activity afterwards which is a plus.

- **Arthroscopic Surgery**

It is useful in the treatment of arthritis if the patient also has some torn cartilage or a loose piece of bone in the joint. It is not useful in patients whose knee is too arthritic and has hardly any

joint space left. It can help a lot, but does not of course cure the arthritis. The procedure is always done as outpatient surgery and the recovery time is much less than any of the other procedures.

- **Partial Knee Replacement**

There are types of knee replacement which replace only a portion of the joint usually on the medial side or on occasion under the knee cap. The thinking is if only a portion of the joint is bad why replace the whole thing. The other side of the "coin" is if the knee continues to wear out you will need to have a second more major surgery. It gets sort of complicated, but it's not your problem to figure this out. Just know that there is something more conservative than a total replacement that can sometimes be done.

- **Total Knee Replacement**

It is the tried and true procedure that has been around for a very long time. I find that a procedure called the LCS Total Knee is the best one for most of my patients. It consists of removing the surface of both sides of the knee as well as the knee cap and inserting a proper size prosthesis that works like your natural knee.

Nowadays, most patients leave the hospital in 3 days to go home or to a rehab place for a short time. It takes at least 6 weeks and often much longer to fully recover. In the end it is worth it because you have a stable knee with much less pain than before surgery and it has a 95% chance of lasting longer than you do!

That should give you, I hope, a good overview of what I can offer patients who need surgery for their arthritis of the knee.

Office Website and Lakeview Area News Archive

The office website www.orthopodsurgeon.com has been updated and completely redesigned. I urge you to check it out as a source of musculoskeletal and Orthopaedic information along with Your Orthopaedic Connection. On the website is the Archive of every Lakeview Area News article listed from most recent back to the beginning. It is a tremendous collection of information. Please check it out.

Orthopaedic Clinic

Thanks for your support of the Orthopaedic Clinic at Lakeview Community Wellness Center. All of the Orthopaedic problems I treat can be evaluated there.

Upcoming clinic dates are August 6 and August 20, 2010. Call 989-463-6092 for an appointment at the clinic or at the office in Alma.

Our goal is simple - To help people return to more pain free, functional lives. I specialize in you.

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

Be well.

Dr. Haverbush