

## Argus Orthopaedic Zone

### Total Knee Replacement: Specific Recommendation

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#### *Transforming patient information into patient understanding.*

By coming to class this week I know you are interested in learning something specific about total knee replacement. In closing last week, I said that my job is to know whether a patient needs a total knee replacement. It is also my job to tell you what the best total knee is based on my knowledge and experience.

I will get to the point. The LCS Total Knee Prosthesis made by DePuy Orthopaedics, Inc. is the one that I use for my patients. It is my go to, bread and butter prosthesis so to speak. There you have it.

I read recently that there are over 150 different kinds of total knees. There are many companies in the United States and around the world making total knee prostheses. Several years ago I found the best one for my patients. I am not downing any other one; not in any way. I have used many of them. But one, LCS is uniquely designed to work like your natural knee, greatly reducing wear on the parts. It is still going strong since it was introduced in the United States in 1985. It has truly stood the test of time.

I have been very happy to provide this total knee to my patients.

Other total knees act basically like a hinge. But our human knee is much more complicated than that. Our natural knees flex (bend) and extend (straighten), but they also pivot or rotate about 15 degrees.

**Key Point.** The LCS total knee flexes and extends, but it also has a built in mechanism to allow it to pivot or rotate like our own knees do.

Why does that matter? It greatly reduces friction and wear on the parts.

Reduced wear on the prosthesis, your good rehab program to strengthen the muscles and you being sensible in how you use the knee practically guarantees it will last longer than you will.

That is all you can ask of a prosthesis.

## **Gender Specific Knee?**

You may recall that I clarified for you recently the fact that a special total knee for women is unnecessary. The LCS total knee prosthesis has a large number of sizes and shapes to fit all men and women.

Space does not allow a complete discussion of the LCS total knee prosthesis. However, you can learn much more about it by logging onto our office teaching website for patients and families, [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com).

Next week I will continue our journey in the land of the total knee.

## **Office Website and Argus Orthopaedic Zone Archive**

All the Orthopaedic and musculoskeletal information you will ever need is yours at [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com)! And what's more - The Argus Orthopaedic Zone Archive is on the Website. Every article I have written for Argus can be located on the Archive. The complete article! Everyone, please check all this out.

It is a wealth of information about all the things I treat in the office and hospital.

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