

Current trends in Hip and Knee arthritis



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ORTHOPAEDIC SURGEON

SPORTS HIP • LOWER LIMB RECONSTRUCTION • TRAUMA

The Arthritis Foundation

“Half of Australians diagnosed with arthritis don’t think anything can be done to help them.”

Educating the Public About Arthritis

- Arthritis is the number one cause of disability in the Australia.*
- Over 1.6 million adults say that arthritis *limits their usual activities in some way*.*
- 8.2 million working aged U.S. adults (about 1 in 20) report work limitations due to arthritis or joint symptoms.*
- We Can Help!

* Source: The Arthritis Foundation

Community Seminars

- Inform the public about arthritis and its treatments
- Arthritis education has been shown to help reduce pain
 - yet only 1 in 10 take such courses*
- Opportunity to provide improved health through education and self-management
- Win-win for patients and doctors

* Source: The Arthritis Foundation

Symptoms of Arthritis

- **Pain!**
- Joint swelling
- Stiffness
- Decreased activity
- Impaired lifestyle
- Deformities
- Limp



Osteoarthritis

- Most common type of arthritis
- Degenerative joint disease
- Affects 2.3 million Australians*
- Wear and tear condition
- Develops over a lifetime of overuse, injury

*Source: The Centers for Disease Control and Prevention

Diagnosis

- Proper diagnosis leads to proper treatment
 - Complete medical history
 - Examination of affected joint
 - X-rays



Medical History

- Symptoms
- Health
- Activity

Physical Examination

- Decreased range of motion
- Joint-line tenderness
- Joint deformities

Osteoarthritis



X-ray Analysis



- Joint space—bone-on-bone
- Abnormal bone formation “spurs”
- Joint deformity
 - Bow-leg
 - Knock-knee

Conservative Treatments

- Diet
- Exercise
- Physical therapy
- Medications
- Supplements
- Support braces
- Walking aids
- Rest and ice



What Happens when Conservative Treatments Fail?

- We look at surgical options
 - Partial or Total Joint Replacement
- We work with patient and primary care providers
- We educate patient about the procedure

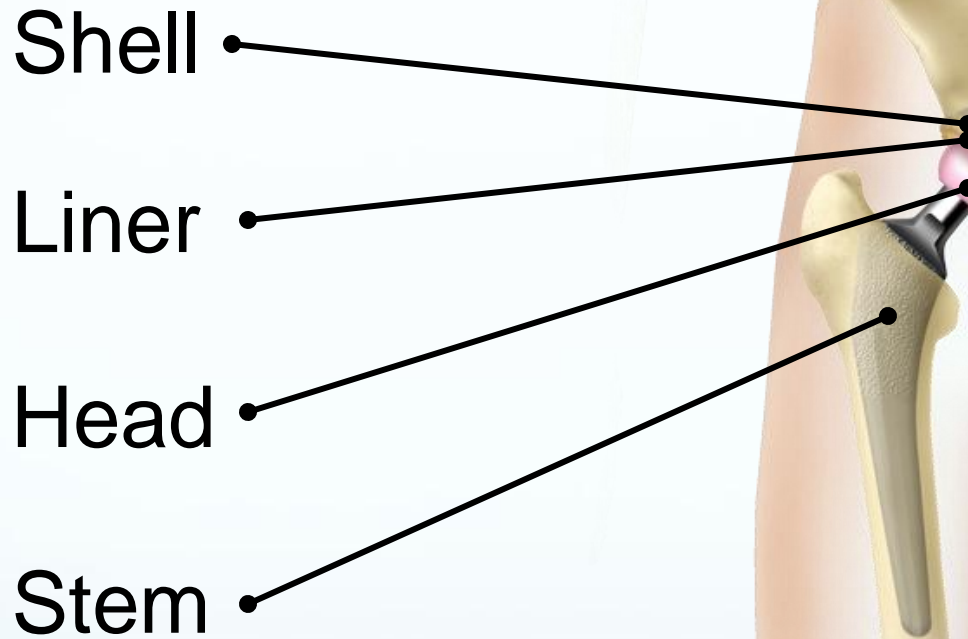
Benefits of Total Joint Replacement

- Can eliminate or reduce joint pain
- Can enhance movement and mobility
- Can improve quality of life
 - Return to normal activity
 - Low-impact sports and activities

Total Joint Replacement

- Damaged bone and cartilage replaced with components made from metal alloy and polyethylene (plastic)
- Designed to restore pain-free joint movement

Total Hip Components

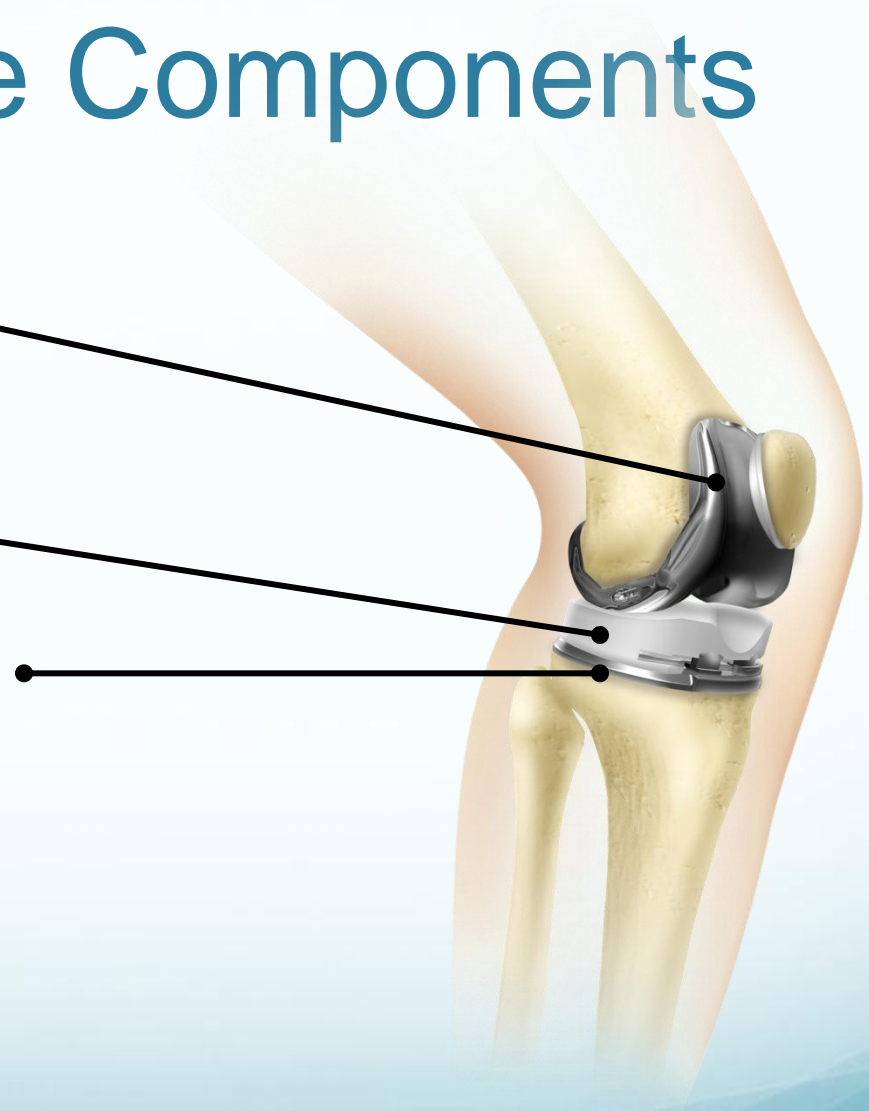


Primary Knee Components

Femoral Component

Polyethylene Bearing
(acts as cartilage)

Tibial Tray
(supports polyethylene bearing)



Possible Complications

- Infection
- Blood clots
- Implant breakage
- Malalignment
- Premature wear

After-Care Program

- Hospital stay between two and three days
- Assisted walking within 24 hours of surgery
- Pain medication
- Physical therapy
 - Described by physician
 - Supervised physical therapy for two to four weeks
 - Home exercise program as directed by physician

Resume Usual Activities

- Routine activities
(one to two weeks)
 - Walking (un-assisted)
 - Driving
 - Gardening
 - Shopping
 - Housework

Resume Usual Activities

- Low-impact activities
(one to two months)
 - Golfing
 - Dancing
 - Bowling
 - Swimming
 - Bicycling

Restrictions

- Running
- Jumping
- Jogging
- High-impact or contact sports
- Heavy manual labor

Future of Arthritis

- By the year 2030, an estimated one quarter of the projected total adult population, or 6.9 million adults aged 18 years and older, will have doctor-diagnosed arthritis, compared to the 3.7 million adults in 2002.*
- These estimates may be conservative as they do not account for current trends in obesity.

* Source: The Centers for Disease Control and Prevention

Conclusion

- We must educate the population
- We must successfully treat arthritis
- Surgery is a last resort
- Returning patients to activity and employment is critical
- We must work together

For More Information, Visit...

www.randhawaorthopaedics.com.au

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Thank You

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