Kaweah Delta Medical Center

Caring for the community for more than 60 years
OUR ORTHOPEDIC SURGERY TEAM

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Arthritis

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Orthopaedic Surgery
• Many arthritis sufferers say that pain is a problem.

• However, the worst part is losing their mobility and independence.
Treatment Options

» Non-Surgical
  – Diet
  – Healthy weight
  – Exercise
  – Medications
  – Injection
  – Physical therapy

» Surgical
  – Arthroscopy
  – Joint replacement
Cortisone is the generic name for anti-inflammatory steroid.

Can be given in the office for any joint pain.

Works >90% of the time, but may only be temporary.
Treating Arthritis: Novel Injections

LUBRICANTS (VISCOSUPPLEMENT)

PLATELET RICH PLASMA (PRP)

STEM CELLS
When other treatments no longer bring relief, it may be time to consider joint replacement surgery.
You may qualify for joint replacement if you have:

- Arthritis on x-rays
- Failed Non-operative treatments
- Disabling pain
- Acceptable surgical risk.
Normal Hip

- X-Ray
- Round socket
- Cartilage “space”
- Round ball
Arthritic Hip

- No cartilage space
- Irregular ball
- Bone spurs occur on edge of joint
What is Hip Replacement Surgery

1. Socket (shell) smooth it out
2. Liner (between socket and ball)
3. Ball
4. Stem: to anchor the ball
In 2010, over 600,000 knee replacement surgeries done in the USA

By 2030, expected over 3.5 million knee replacements annually

Nearly 1/2 of all Americans will develop knee osteoarthritis in at least one knee in their lifetime

Knee Arthritis

- Osteoarthritis
- Rheumatoid Arthritis
- Post-traumatic
Normal Knee

- Femur
- Tibia
- Patella
Knee Replacement Surgery

Persistent Pain or Stiffness that limits everyday activities

Non-operative measures not sufficient

Bone on bone contact or angular deformity
Knee Replacement

Pre-Operative

Post-Operative
THANK YOU