

FIVE MYTHS AND REALITIES ABOUT KNEE REPLACEMENT

Today, advances in surgical techniques and technologies have revolutionized knee replacement surgery, allowing more patients to consider treatment sooner. While concerns and worries are normal when considering surgery, the information listed below may help you with your decision.

Myth No. 1:

“Arthritis pain is just a part of aging. It’s just something you learn to live with.”

Reality: Osteoarthritis affects nearly 27 million Americans today and will affect potentially up to 67 million people by 2030.^{1,2} Yet many Americans choose years of conservative care (physical therapy, drugs, injections) to lessen, but not eliminate, their joint pain.

If everyday activities are causing pain and interfering with your daily life, you may benefit from talking with an orthopaedic surgeon, no matter what your age. In 2014, more than 670,000 total knee replacements were performed in the United States.³

Myth No. 2:

“A knee replacement won’t feel natural.”

Reality: There have been significant advances in materials, designs, and surgical procedures for knee replacement. *DePuy Synthes Companies* offer implants, Rotating Platform (RP) Knees, that closely mimic the feel and movement of an original knee.⁴



Arthritic Knee



Healthy Knee

Myth No. 3:

“I’m too young for a knee replacement.”

Reality: Knee replacement is not based on age, but on the person’s level of pain and immobility. As a result of advances in implant technology, patients may benefit from knee replacement options such as the Rotating Platform (RP) Knee which is designed to help patients move naturally.⁴

Myth No. 4:

“I should wait as long as possible to undergo knee replacement surgery.”

Reality: Many patients who could benefit greatly from a knee replacement are worried that they will not be able to comfortably and confidently return to their normal activities of daily living. In fact, delaying surgery lowers a patient’s quality of life not only before the operation, but even for up to two years following surgery according to a study in *Arthritis & Rheumatism*.⁵ However, there is a higher probability that younger patients may need to undergo a second knee replacement later in life.

Osteoarthritis is a degenerative disease that continues to damage the joint and delaying surgery makes both surgery and return to activity more difficult.

Myth No. 5:

“All knee implants are the same.”

Reality: Today, knee replacement patients have a choice of knee implant types as well as a variety of implant shapes and sizes designed to accommodate specific needs and different lifestyles. Talk to your orthopaedic surgeon about your individual needs and the clinical history of the implant your surgeon recommends for you.

Knee implants

There are a variety of knee solutions available today that can help restore mobility and reduce pain. A partial knee replacement can be used when only one of the three areas of your knee is damaged. A total knee replacement is used when all three areas of your knee are damaged. There are two types of total knee replacements: Fixed Bearing and Mobile Bearing Knees. Fixed bearing knees are the most widely used knee replacement in the United States today. The SIGMA™ Knee with fixed bearing option is a leader in this type of knee system. Rotating Platform (RP) Knees, a type of mobile bearing knee, are designed to rotate as they bend, creating a more natural movement.⁴

The ATTUNE™ Knee System, the latest innovation in knee replacements for patients, is designed to optimize how your knee replacement feels and moves. The ATTUNE Knee maintains stability during activities like walking and going up and down stairs, and is designed to deliver a full range of confident motion right from the first step. Every aspect of

the ATTUNE Knee has been shaped to work in harmony with your knee joint and its surrounding muscles and ligaments, so you can get back on your feet sooner.

Additional information regarding knee replacement surgery, patient stories and a list of orthopaedic surgeons in your area is available at www.depuysynthes.com.

Important safety information

As with any medical treatment, individual results may vary. The performance of a knee replacement depends on age, weight, activity level, and other factors. People with conditions limiting rehabilitation should not have this surgery. There are potential risks and recovery takes time. Only an orthopaedic surgeon can tell if knee replacement is right for you.

References

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4. Rees JL, Beard DJ, Price AJ, et al. Real in vivo kinematic differences between mobile-bearing and fixed-bearing total knee arthroplasties. *Clinical Orthopaedics and Related Research* 2005;204.
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