

Get Back in the Game

Stay Active With Innovations in Joint Replacements



A generation ago, orthopaedic surgeons advised people suffering with arthritis to delay hip and knee replacements as long as possible to ensure they would not outlive their new joints. Today's longer-lasting joints make the procedure an appealing option for many, including younger patients, and less invasive surgical techniques reduce pain and hasten recovery. People who have had joint replacement surgeries are back at their jobs and on golf courses, tennis courts and bike trails much sooner, pursuing active lives again.

Innovative Anterior Approach Improves Patient Outcomes

In the U.S., approximately 325,000 hip replacements are performed each year. With traditional hip replacement surgery, the incision is made through the buttocks or side of the hip, detaching muscles and other soft tissue to access the joint, says Dr. Rodrigo Diaz, medical director at *DePuy Synthes Joint Reconstruction*, a division of DePuy Orthopaedics Inc. in Warsaw, Ind.

Increasingly, however, orthopaedic surgeons are accessing the hip through the front. This innovative alternative to traditional hip replacement surgery is called the Anterior Approach. According to Dr. Diaz, training orthopaedic surgeons on the Anterior Approach has been a significant area of focus for

DePuy Synthes Joint Reconstruction worldwide. Using this approach may allow a smaller incision and, more importantly, makes it possible for surgeons to avoid cutting muscles. With traditional approaches, recovery may take longer and may be more painful than with the Anterior Approach because the muscles and other soft tissue need additional time to heal.

“Working between the muscles without detaching them reduces tissue trauma, which may help patients recover faster and get back on their feet and to their normal everyday activities sooner,” says Dr. Diaz. “With the Anterior Approach, patients may experience less pain, have reduced scarring and have fewer movement restrictions right after surgery. Because the muscles are kept intact during surgery, the Anterior Approach may also help prevent dislocations.”

REAL LIFE TESTED

A New Surgical Approach that can Accelerate Recovery Time.¹

The Anterior Approach procedure for PINNACLE[®] Hip Replacements.

Bob,
Environmental chemist,
PINNACLE Hip and
Anterior Approach patient



Bob's work as a field chemist requires him to spend time outdoors collecting soil samples in hard to reach places. When hip osteoarthritis threatened to take him out of the field, he turned to his orthopaedic specialist for help. He recommended a PINNACLE[®] Hip from DePuy Synthes Joint Reconstruction and the Anterior Approach.

Anterior Approach is an alternative surgical procedure to traditional hip replacement surgery that can help get you back to activity sooner. In one study, Anterior Approach patients were three times more likely to reach full activity six weeks after surgery, compared to traditional hip replacement patients.¹

To find out more about PINNACLE Hips and how a new surgical approach can accelerate your recovery time, visit RealLifeTested.com.

Important Safety Information: Hip replacement is not for everyone. There are potential risks. Recovery takes time and success depends on factors like age, weight, and activity level. Only an orthopaedic surgeon can tell if hip replacement is right for you.

Reference: 1. Bourne MH, Mariani EM. A Comparison Between Direct Anterior Surgery of the Hip (DASH) and Anterolateral (AL) Surgical Approaches to Total Hip Arthroplasty: Post-Operative Outcomes. Poster Presentation #014, AAOS, New Orleans, LA, March 9-13, 2010. Comparison of functional outcomes after Anterior Approach (211 patients) with Anterolateral/Traditional (259 patients).

Dr. Diaz encourages patients to speak with their orthopaedic surgeon to discuss which hip-replacement approach is right for them.

DePuy Synthes Joint Reconstruction is a global leader in hip, knee and shoulder replacement and is part of the *DePuy Synthes Companies of Johnson & Johnson*, the largest provider of orthopaedic and neurological solutions in the world.

'A Fast and Complete Recovery'

Total joint replacement is among the most frequently performed and most successful operations in orthopaedic surgery, as well as one of the most successful and cost-effective surgeries in health care, according to the Centers for Disease Control and Prevention (CDC). Patients often report reduced pain and better function 15 years after surgery, the CDC says.

However, a recent study has shown that only two or three of 10 people who would benefit from joint replacement surgery get it done, according to Dr. Richard Berger, assistant professor of orthopaedics at Rush University Medical Center in Chicago.

"Patients endure arthritic pain for years because of the misperception that all joint replacement surgery is painful and includes a slow recovery," he says. "With minimally invasive surgery, their pain after surgery is very minor. In fact, most patients have less pain the day after surgery than the day before."

When the muscle heals, however, it heals with scar tissue and never functions fully again, Dr. Berger adds.

Some orthopaedic surgeons are adopting minimally invasive, tissue-sparing techniques for hip replacements. Although the surgery is done through a smaller incision, the key to a successful procedure and improved healing is to avoid cutting muscles, Dr. Berger says.



Dr. Richard Berger, assistant professor of orthopaedics at Rush University Medical Center in Chicago.

Important Safety Information

Hip replacement is not for everyone. There are potential risks. Recovery takes time and success depends on factors like age, weight and activity level. Only an orthopaedic surgeon can tell if hip replacement is right for you.

A hip joint is replaced with a *DePuy Synthes Joint Reconstruction* implant using the Anterior Approach, a technique allowing surgeons to work between the muscles, leaving them intact and helping patients recover faster.



For traditional hip-replacement surgery, hospital stays average four to five days with extensive rehabilitation afterward, according to the National Institutes of Health. In contrast, Dr. Berger, who pioneered outpatient minimally invasive hip and knee replacement, says that 63% of his hip and knee replacement patients go home the day of surgery, and 35% go home the following day.

"Patients want a fast and complete recovery," Dr. Berger says. "Most people can't afford to take months out of their life to recover or be out of work."

Dr. Berger also developed a tissue-sparing approach for total knee replacement surgery that involves a shorter incision and allows him to avoid cutting muscles, tendons and ligaments. Since muscles and other soft tissue are left intact, the patient regains range of motion more quickly, experiences less pain and completes their physical therapy quicker.

When Dr. Berger's knee replacement patients leave the hospital, most have already achieved very good knee flexion, allowing them to do most daily activities immediately. "This avoids the long and painful recovery with physical therapy associated with traditional knee replacement surgery," Dr. Berger says.

Returning to Active Lifestyles More Frequently

According to an independent survey presented at the 2013 Annual Meeting of the American Academy of Orthopaedic Surgeons (AAOS), 98% of total knee replacement patients return to work after surgery. Among hip replacement patients, 55% reported an active lifestyle five years after surgery, compared with 39% prior to surgery, according to a related AAOS study on patients treated at a large Swiss hospital.

Joint replacement patients are truly returning to their normal and vigorous activities after total joint replacement, according to Dr. Berger. He tells of one professional golfer who is back winning tournaments. Another patient ran a marathon just two months after her hip replacement, while another won the triathlon world championship. "Joint replacement patients are now doing remarkable things," he says.

For more information:

www.reallifetested.com

www.outpatienthipandknee.com

ADVERTISEMENT

MINIMALLY INVASIVE KNEE REPLACEMENT ENABLES GOLFER TO RETURN TO THE GAME AND WIN PGA TOURNAMENT

Suffering from knee pain for years, professional golfer Mark McNulty had to have a knee replacement or end his professional golf career, his livelihood and the sport he loved.



Returning to golf after minimally invasive total knee replacement, professional golfer Mark McNulty hits out of a bunker on the first green during the third round of The Regions Tradition at Shoal Creek on May 7, 2011, in Birmingham, AL.

Professional golfer Mark McNulty tried to play through the pain of arthritis in his right knee for years. Temporary remedies had kept him in the game but not pain-free. However, in 2009 the pain progressed to the point that he was simply unable to continue playing golf. He knew his only chance at continuing his professional golf career was to undergo a total knee replacement. McNulty was concerned about the downtime and ultimate function of a traditional knee replacement. Ultimately, he elected to give himself one more chance at golf and have a minimally invasive total knee replacement by Dr. Richard Berger at Rush University Medical Center.

Dr. Berger pioneered minimally invasive total knee replacement in which the recovery time was much faster than a traditional joint replacement. McNulty, who lived in Florida and South Africa, decided to trek to Chicago and see Dr. Berger.

McNulty was excited to hear how the doctor's minimally invasive surgical techniques spare the soft tissue and muscle around the knee, which he learned would have him back on his feet quickly and enable him to return to golf.

McNulty was discharged from the hospital a few hours after surgery and "...was driving the ball just

four weeks after surgery. And I did so without pain," he remarked. This was the first time in years he could have said that.

McNulty successfully returned to professional golf shortly after his knee replacement. Within a year, he had several top ten finishes on the PGA Championship Tour. In fact he was playing so well he placed first in one PGA Tournament. McNulty was delighted to be able to play and walk the course without any pain, but enjoying such a successful return has been the "icing on top of the cake with a cherry on top of that," he said.

Dr. Berger and his dedicated staff offer the most experienced and comprehensive approach to minimally invasive hip and knee replacement. Whether patients are local, national or international, Dr. Berger's team provides a seamless and holistic surgical experience. Dr. Berger uses the latest technological advancements such as gender-specific implants, partial replacements, new bearing surfaces, modular implants and bone-conserving procedures.

For more information on Dr. Berger's pioneering outpatient hip and knee replacements, please visit his Web site at www.outpatienthipandknee.com or call 312.432.2557. ■