Your **Guide** to Hip & Knee Replacement

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Joint Replacement Isn’t What it Used to Be

Your Guide to Joint Replacement

When you can’t enjoy your favorite activities because of pain, stiffness or instability in your hips or knees, it’s time to see to an orthopedic surgeon.

SSM Health Orthopedics has a strong tradition of excellence in the St. Louis area, with specialty physicians located in your community. Our board-certified orthopedic surgeons can help you find the cause of your joint pain—and choose the treatment option that works for you.

Whether you enjoy riding your bike, playing tennis, walking your dog or dancing, our experienced team of caregivers can help you find the solution to be you again!

A joint replacement can help get you back to an active lifestyle and a much better quality of life, even if you don’t want to run the next marathon.
What’s **different** about joint replacement **today**?

**Why Consider Joint Replacement?**

Often therapy or medication can relieve joint pain and instability for a while. But when it progresses to the point where alternative treatments no longer are effective, joint replacement is recommended.

Even though it’s major surgery, and the last option for treating arthritis pain, the high success rate has made joint replacement a routine procedure for millions of Americans. It’s one of the most successful types of elective surgery performed in the world today.

- Advancements made in arthroplasty surgery during the past four decades have refined the operation so that it takes approximately 1-2 hours, followed by a 2-to-3-day hospital stay.
- More than 90% of patients have no complications or require additional surgery after their joint replacement.
- Joint replacement surgery has one of the highest patient satisfaction rankings—nearly 95% with SSM Health Orthopedics surgeons.

One month after joint replacement, most people are walking without assistance, and can return to driving and regular activities as they regain strength and endurance.

**Total Joint Arthroplasty**

More than 600,000 people in the U.S. benefit from knee replacement surgery each year. Approximately 300,000 have hip replacement surgery. At one time, these operations were reserved for older adults. But thanks to improvements in implant materials and technology, the advantages have extended to younger, more active people with painful joints.

*The surgical procedure itself has also improved, including:*

- Smaller incision lengths
- Less muscle trauma
- Better pain control
- Shorter operation time
- Shorter hospital stays

SSM Health orthopedic surgeons continually bring new technologies and treatments into their community practice. This means you have access to state-of-the-art medical care close to home.
About Knee Replacement

Anatomy of the Knee

The knee is a hinge joint stabilized by ligaments on each side in the front and the back of the knee. Arthritis “wear and tear” to the bone surfaces or damage to the ligaments can cause the joint to function abnormally during physical activity.

When the cartilage that cushions the ends of the femur and tibia is worn away, the knee becomes painful as bone rubs against bone. Cartilage replacement is in its early phases of development and human testing. But it is not a treatment option when the cartilage defect is too large, as often occurs in arthritic conditions.

Total Joint Arthroplasty

Knee replacement requires a small incision across the front of the knee. A small amount of bone is removed at the bottom of the femur and the top of the tibia.

Metal joint replacements are secured over the surfaces of the cut bone, either with cement or a technique called bone-ingrowth. It is separated by a specialized plastic component that acts as cartilage for smooth gliding movement. The ligaments are left intact and protected during the operation to provide stability to the joint after the knee replacements are in place.

The incision is closed and the recovery process begins. Most patients are able to get out of bed and walk with assistance from a therapist the day after surgery.

Unicompartmental Knee Replacement

This type of arthroplasty may be a solution for people who have pain from a minor cartilage defect on one small area of the knee. People who are candidates for this surgery can avoid or delay a total knee arthroplasty. Your surgeon will tell you if you are a candidate based on several factors, including an x-ray evaluation.

In more than 90 percent of cases, there are no complications and patients gain significant pain relief and restoration of mobility.
About Hip Replacement

Anatomy of the Hip

The hip is a ball-and-socket joint that normally has extensive range of motion and can bear a tremendous amount of weight. When an injury occurs to the bone, the cartilage or any of the muscles or soft tissues around the hip, an abnormal wear pattern may occur, which can cause pain and stiffness in the joint. Therapy or medication may alleviate the symptoms.

If pain worsens or degeneration of the cartilage or bone surface occurs from the arthritic process, a hip replacement is recommended. Even though it’s the last resort for treatment, hip arthroplasty has a greater than 90% success rate and high patient satisfaction—nearly 95% with SSM Health Orthopedics hip surgeons.

Total Hip Arthroplasty

Hip replacement requires a small incision down the side of the leg (posterior approach), or in the front groin area (direct anterior approach). A small amount of bone is removed inside the socket and at the top of the femur.

A metal cup is placed in the socket and secured, either with cement or bone-ingrowth technique. Then a specialized plastic component locks into this cup to provide smooth gliding movement against a metal or ceramic ball that is placed atop a metal stem fixed inside the femur.

The muscles and ligaments are left intact as much as possible, and protected during the operation to provide stability to the joint after the hip replacements are in place. The incision is closed and the recovery process begins. Most patients are able to get out of bed and walk with assistance from a therapist the day after surgery.

In as little as one month after surgery, you can begin to resume normal activities.
SSM Health Orthopedics Advantage

Many hospitals offer joint replacement services, so why is SSM Health different? SSM Health has an established reputation in the St. Louis area for excellence in orthopedics.

Our patient-centered approach to joint replacement includes:

• A high-level commitment to quality care. Our joint replacement program is extensive, from preoperative education and testing to postoperative therapy training and clinical follow up. We strive to give our patients a first-class experience while meeting the goals of pain control, quick recovery and discharge to home.

• High patient satisfaction. We survey our patients continuously to ensure we maintain the highest standards in patient satisfaction, from the nursing care to the food we serve.

• A team approach to patient care. We design an individualized care pathway for each patient, from the clinic to the operating room, and from the orthopedic unit until discharge to home for rehabilitation. Teams in each area guide every patient through the milestones for a successful recovery.

Choose an SSM Health Orthopedics Surgeon

SSM Health Orthopedics has a strong tradition in exceptional orthopedic care. And when it comes to joint replacement, experience matters. It starts with specialized teams of board-certified physicians along with their specialty-trained physician assistants, surgical assistants, nurses and therapists. They all work together to ensure that you receive individualized care for your specific needs. When it comes to joint replacement, choose SSM Health Orthopedics. We know orthopedics!

To learn more about joint replacement surgery at one of our informational seminars, visit ssmhealth.com/orthoevents.

To meet with one of our physicians, contact us at 314-291-7900 or, visit ssmhealth.com/kneeandhip.