

# Life Before and After Knee or Hip Replacement

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Tuesday, March 2, 2010

- The arthritis diagnosis: Pain after activity/weather change  
Stiffness, swelling  
Knee—pain confined to knee  
Hip—pain in groin or knee, NOT the back, buttock or side of hip
- Remedies...pick some: Rest, Exercise, Strength, Stretching  
Nutraceuticals (Glucosamine), Magnets, Hyaluronic acid (HA)  
Aspirin, NSAIDs, Topical creams (salicylate, menthol, camphor)  
Cox 1 and Cox 2 inhibitors
- Causes: Inflammatory  
Degenerative  
Trauma
- Notes on cartilage structure:
  
- Importance of muscle tone, isometrics
  
- Cartilage water content (80%) and rest
  
- Nutraceuticals—why and how much?  
Glucosamine helps cartilage cells  
MSM (sulfur)—anti-inflammatory and lowers tone in pain nerves
  
- Magnets-- Faraday, Ampere, Gauss  
Static or Pulsed  
Does it relieve pain? How?  
Safe? Side effects?
  
- Hyaluronic Acid (HA)-- The role and cost of lubrication

- NSAIDs-- 6 chemical categories: What's the difference?
- NSAIDs are COX 1 inhibitors—cause stomach irritation  
Cox 2 inhibitors (prescription)—doesn't (probably)
- Steroids-- by mouth  
by injection  
risks, dosage, frequency
- Surgery options:  
Arthroscopy-- therapeutic or mechanical advantage of rinsing?
- Joint replacement: 90% good to excellent  
2-4 days in hospital  
Physical therapy—when/why/how much?  
1 month return to MOST (pre-operative) activities  
12 months to full muscle strength  
Restrictions-- kneeling, stairs, prolonged standing/walking/lifting  
sports?

Durability and need to repeat surgery?

Risks?

Who is NOT a candidate?...contraindications

Weight factors?