



Partial Knee Replacement

More than 43 million Americans are affected by some form of arthritis, and that number is projected to reach 60 million by 2020. Nearly 21 million Americans suffer from osteoarthritis, a degenerative joint disease that is the leading cause of joint replacement surgery.

Sometimes called degenerative arthritis or degenerative joint disease, osteoarthritis involves the breakdown of joint cartilage. Cartilage is the rubbery tissue that covers the ends of moving bones in joints. It acts as both a shock absorber and a lubricant. As joint cartilage wears away, the bones begin to make painful bone-on-bone contact.

In its early stages, osteoarthritis can be treated with a variety of conservative, nonsurgical treatments, including exercise, weight loss, and nonsteroidal anti-inflammatory drugs. However, as osteoarthritis becomes more severe and/or the conservative treatments fail to provide relief, joint-replacement surgery may be recommended to correct the damaged bone and cartilage.

While total knee replacement is the most common procedure, patients in the early stages of osteoarthritis may benefit from a less painful, less invasive partial knee replacement.

Partial knee replacement has been proven to produce the same high-quality results as a total knee replacement. Recovery takes about half as long as before when using the more conventional procedure, and decreased postoperative pain allows most patients to leave the hospital just a day after surgery. The incision is also smaller than with a total knee replacement.

The partial knee replacement resurfaces only the damaged cartilage of the knee, preserving the undamaged cartilage and leading to an artificial joint with a function closer to the natural knee movement.

Not all patients are candidates for a partial knee replacement. Only about 15 to 30 percent of osteoarthritis sufferers are candidates for a partial knee replacement. The arthritis must be limited to the inside compartment of the knee and you must have a certain range of motion ability, as well as functioning ligaments. You and your surgeon will determine if a partial knee is appropriate for you.

Following a partial knee replacement, most patients return to their regular activities within one to two months. We want you to be walking, golfing, playing with your grandkids. However, we discourage patients from jarring, high-impact activities such as running and strenuous sports.

Michael Scheel, M.D., is an orthopedic surgeon on staff at The Washington Hospital. For more information about partial knee replacement, please call The Washington Hospital Joint Center at 724-223-3057.

C-MITES

a program of the

**Carnegie Mellon
LEONARD GELFAND CENTER
SERVICE LEARNING & OUTREACH**



Fun classes for bright kids
• Hands-on science and math
• Kindergarten - 9th grade

(412) 268-1629
www.cmu.edu/cmities