



HOW TO

DECIDE ABOUT

joint replacement surgery

If you have arthritis or another joint condition, you know how hard it is to cope with pain and physical limitations. More than 42 million Americans suffer from conditions that can make their hips, knees, shoulders and other joints wear out.

At Orthopedic Associates, many treatment options are available for joint pain, including joint replacement surgery. Our goal is to help you make the right decision about which treatment is best for you.

Joint replacement can relieve pain and enable you to live a fuller, more active life. This is a procedure where a joint damaged by disease, injury or age is removed and replaced with an artificial joint.

Hip and knee replacements are the most common, but OA also specializes in shoulder, elbow and hand joint replacement surgery. In St. Clair County, no one offers you more experience. Our board certified and fellowship trained orthopedic surgeons have 125 years of combined experience in joint replacement procedures.

WHEN IS IT TIME?

General candidates for joint replacement surgery have:

- Pain severe enough to restrict work and recreation, as well as ordinary daily living activities.

- Pain that is no longer relieved by more conservative non-surgical methods of treatment, such as reduced activity, medication or physical therapy.
- Severe joint stiffness that makes walking, getting out of a chair, dressing, going up stairs or getting up from the floor difficult.
- X-rays that show advanced arthritis, degeneration problems or significant injury.

To discuss your condition and options, call OA today. Let us help you return as quickly as possible to an active lifestyle without the fear of debilitating pain.

For Additional Information
810-985-4900
Toll-Free: 1-888-OAPH-911



QUICK TIPS

- Surgery should be your last resort if other treatments such as supports, exercise, weight loss, medication and physical therapy fail.
- Discuss various procedure options with your surgeon. You could be a candidate for less invasive techniques if this is your first replacement on the joint, you are not overweight, or you do not have a recent history of deep vein thrombosis or other unstable medical condition.
- Depending on the joint being replaced, traditional implants last about 10 or 15 years, while those made of the newer materials being introduced potentially can last up to 20 or 25 years.
- Know the facts. Be sure to ask your doctor about his/her experience performing the procedure. Which type of artificial joint will be used (cement vs. cementless implant)? How can you best prepare for the surgery? How will the surgery be performed? What can you expect after surgery in terms of recovery time and rehabilitation? What results can you expect?

Sources: American Academy of Orthopedic Surgeons and the Arthritis Foundation

OA ... Your Joint Replacement Surgeons

940 River Centre Drive, Port Huron
Visit our interactive Web site at www.oaph.com