



## Paragon Orthopedic Center

June, 2019

Grants Pass, Oregon

### WHY CAN'T I HAVE A JOINT REPLACED?

~SOME REASONS YOU CAN & CAN'T HAVE ONE~

Patients often associate a total joint with old age, or maybe with a severe injury of the joint. Pain is always one of the biggest factors for needing one replaced. Drs. Van Horne and Bents frequently perform total joint replacement surgeries at both the Surgery Center here in Grants Pass, and at the hospital. When a disease or a condition takes away your ability to live your life pain-free, these two highly trained surgeons use the most up-to-date procedures and equipment to restore as much pain-free movement as possible. Here are what the surgeons consider when it comes to a candidate for joint replacement of the hip, knee or shoulder:

- The severity of the degenerative disease and how it affects your life
- Failure of other options such as injections, activity modification, weight loss, PT, etc.
- Evaluation of tests that show the degree of joint damage and arthritis
- The ability and motivation to undergo pre-op strengthening and post op rehabilitation
- The patient's lifestyle and overall health. If you are obese or smoke, studies show you have a MUCH higher risk of surgical complications. Uncontrolled diabetes, heart disease, lung disease, and other conditions may preclude you from have a joint replacement as well.

Artificial joints have a finite lifespan and the surgery to revise them is almost always more difficult than the initial replacement. Studies show that 85% of knee replacements last 18- 20 years, but this success rate goes down if you do not follow post-op instructions or perform the necessary PT.

#### OTHER OPTIONS

To delay or avoid joint replacement, your surgeon might recommend these:

- Over-the-counter anti-inflammatory medicines (NSAIDS) or Tylenol
- Weight loss, exercise, PT, pool therapy
- Platelet-Rich Plasma injections (PRP, as it is commonly known); Dr. Bents has had great success with this option, but an individual assessment is necessary.
- Corticosteroid injections
- Viscosupplementation injections (such as Synvisc, Eufflexxa, etc)

Every person is unique and requires an individual plan formulated during an appointment for your best outcome. Dr. Bents and Dr. Van Horne work to make lives better for the people of Southern Oregon. They're available to evaluate and form a plan for your condition. If surgery is your decision, the surgeons are aware of the expense of a total joint, so ask if you are eligible for surgery at the Surgery Center.

Paragon Orthopedics cares for its patients from start to finish and we have an amazing staff to give you that excellent care every step of the way. Give us a call if you have questions.