



A joint venture

No two knees are exactly the same, so why should knee replacement patients put up with identical implants? With the right expert care, they don't have to

Total knee replacements have, in recent years, revolutionised the management of knee arthritis, providing pain relief and improving function. An increasing number of knee replacement procedures are being performed for this reason and also due to having an ageing population, says surgeon Fahad Attar (pictured above).

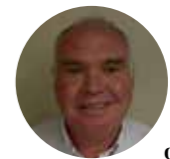
But some of the patients requiring this procedure are younger. This can be due to arthritis, which is secondary to knee injuries which have already been sustained. Perhaps

understandably, expectations following knee replacement surgery are higher for younger people as once pain free, they want to get back to an active lifestyle as quickly as possible. Because of this, the knee replacements used have to meet the expectations of recipients.

Although published results following knee replacement surgery are good, one in five patients are still unhappy and dissatisfied with the overall outcome following surgery. This suggests there is still a need for further development and improvements in technology and in producing better implants in this field.



A consultation determines whether you need a partial or total custom made knee replacement



PAIN-FREE WALK

Stephen Foy, 57

'I would like to express my appreciation for the outstanding professionalism, attention to detail and skill of Dr Attar and his entire team. I had a ConforMIS unicompartmental knee replacement operation, after being unable to make the short walk to our village. Less than 12 weeks after the operation I was able to walk round Conway Food Festival for the full day, pain free! Thank you Dr Attar and team.'



FAST RECOVERY

Barbara Chapman, 64

'I was fortunate to have a ConforMIS knee replacement last January. The

whole experience from my first consultation with Mr Attar to post op care was superb. Mr Attar ensured I was aware of all my options and during all consultations ensured I was kept informed of pre and post op procedures, he was attentive at all times and together we discussed a recovery plan as I was keen to get back to work as soon as possible.

'Within 10 weeks I was back driving and working full time. The benefits of being pain free and able to enjoy a better quality of life following my ConforMIS knee surgery are endless and have given me a new lease of life.

'If you are considering knee surgery, discuss the option of having a ConforMIS knee replacement. You won't regret it.'

Conventional knee replacements

Following conventional knee replacements, some of the usual complaints are:

- Ongoing pain.
- Restricted knee movement and function.
- Clicking in the knee.
- Knee sometimes feels unstable when bent.
- Persistent stiffness.
- Awareness of the implants in the knee.

What's the problem?

There are a number of reasons which may well account for these complaints:

- Sizing for the appropriate components can be a compromise at the time of surgery and this can lead to some pain after the procedure as the slightly larger components may rub against some ligaments and soft tissues in the knee.
- The knee is a complex joint and surgeons need to get the alignment and position of the components absolutely right to ensure the best outcome. Sometimes this may not be possible with conventional knee replacements and instrumentation.
- Each knee is different with regards to contours, sizes and geometry. Sometimes conventional knee replacements don't address all these issues as effectively as experts require.

A solution: Bespoke knee replacements

There has been a need and drive for further development and advancement in knee replacement surgery to address all these issues and to improve outcome.

One major recent advance has been patient specific knee replacements and instruments.

These are designed based on your anatomy and each component is tailor made to fit your knee. This addresses the issue of sizing, alignment and position effectively as it's specifically designed based on your knee.

ConforMIS patient specific knee replacement is currently the only knee replacement in the market that makes bespoke knee implants and manufactures cutting blocks and instruments based on patient anatomy to help optimise positioning of the implants. This is based on a CT scan of your knee. A 3D model is then created of your knee from the scan so the implants and instrumentation can be designed to fit precisely to your anatomy.

Results obtained with ConforMIS knee replacement patients are encouraging and show that some of the issues and complaints discussed earlier are being addressed.

Advantages:

- Options of bespoke partial and total knee replacements.
- Quicker recovery rate.
- Patients report after the operation that it feels more like their normal knee.
- Better component positioning and sizing.
- Shorter hospital stay.
- Improved satisfaction.

After your initial consultation and suitability for either the partial or total custom made knee replacement; you will be referred for a CT scan. Following this, a date is set for your surgery and it usually takes around four to six weeks for the implants to be manufactured before your surgery can take place.

FOR MORE INFORMATION

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