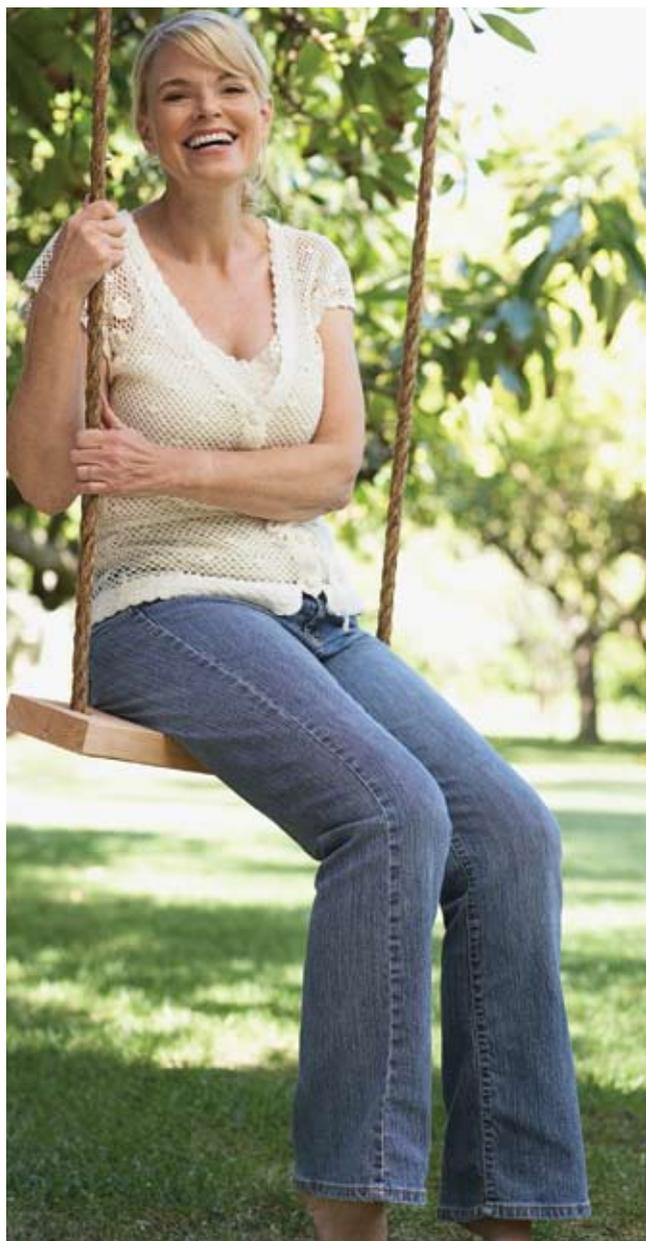


# Get relief from painful knees



One of the most common causes of knee pain and loss of mobility is the wearing away of the joint's cartilage lining. Cartilage provides shock absorption between the bones in the joint; without it, stress builds up in the bones and contributes to pain. When this happens, the bones rub against each other, causing significant pain and swelling. The most common cause is a condition known as osteoarthritis. Trauma or direct injury to the knee can cause osteoarthritis.

You may get pain relief from treatments like steroidal and nonsteroidal anti-inflammatory drugs, physical therapy, bracing and cortisone injections. If you have tried these methods and have not experienced adequate relief from these methods, however, you may be a candidate for surgery.

## Blending technology and experience

The highly skilled orthopedic specialists at Baptist Beaumont Hospital use computer-assisted technology to perform partial knee resurfacing (PKR) or knee replacement procedures with innovative components, less invasive surgical techniques and greater levels of accuracy. "PKR may relieve your pain and restore knee function," says orthopedic surgeon Wagdy Rizk, MD.

The Stryker® Navigation System provides orthopedic surgeons with detailed information about each patient's anatomy, offering them much more control and precise joint placement. Stryker's Triathlon partial knee resurfacing system and X3 advanced bearing surface offer bone-preserving and



weight-bearing technologies that provide patients with more stable, natural knee movement. Because PKR artificial joints are smaller than total knee implants, the surgical incision may be smaller. Other potential benefits of PKR include:

- ▶ a shorter hospital stay as compared to a total knee replacement
- ▶ a faster recovery with less scarring
- ▶ less time spent in rehabilitation

Because less bone is removed and there is less trauma to soft tissue during surgery, your knee may feel more natural than with a total knee replacement.

However, not all patients are candidates for PKR. "Depending on your condition, your physician may recommend a total knee replacement," says Dr. Rizk. \*

## Say so long to sore knees!

Talk to your physician about treatment options that may provide the pain relief you long for and allow you to return to your favorite activities. For more information, contact Wagdy Rizk, MD, at Beaumont Bone and Joint Institute at **(409) 838-0346**.

