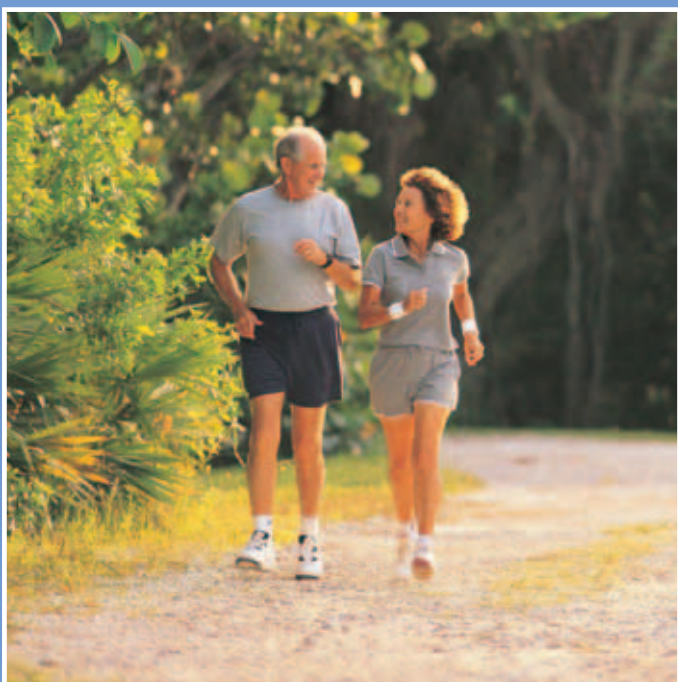


YOUR PATH TO JOINT PAIN RELIEF



A Guide for Patients

Midwest
Health Care Network



For Complete Orthopaedic Solu Turn to a

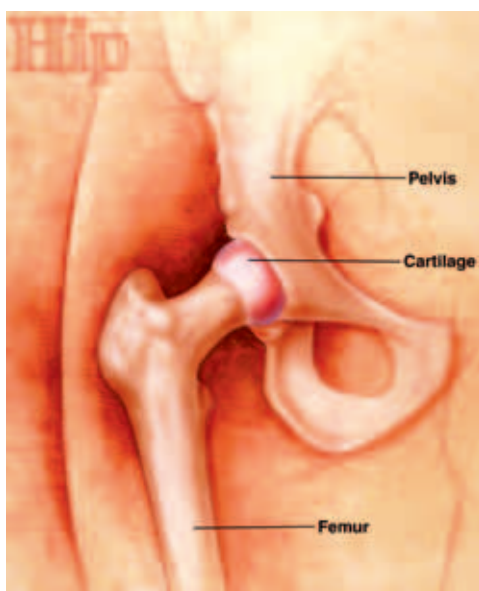
When you stand, sit, walk or extend any limb, you are using your joints, those connecting points that hold your skeleton together while allowing your bones to rotate or swivel. When joints become diseased or injured, the resulting pain can severely limit your ability to move and work. If joint pain is interfering with your daily activities such as walking, getting out of a chair or participating in sports, contact Midwest Sports Medicine and take the first step toward restoring your mobility and independence.

How Joints Work

Joints are points in the body where two separate bones meet. The ends of the bones are connected by thick bands of tissue called ligaments. For example, the knee joint is formed by the lower leg bone (called the tibia or shinbone) and the thighbone (called the femur). The hip joint is a ball-and-socket joint formed by the ball (or femoral head) at the upper end of the thighbone and the rounded socket (or acetabulum) in the pelvis.

Cartilage, a smooth, plastic-like tissue, coats the ends of some bones and lines the joint sockets to prevent the bones from rubbing against each other. A delicate membrane

called the synovium acts as a lubricant to reduce friction and wear in the joint. Normally, all parts of the joint work together, and the joint moves easily and without pain.



tions for Joint Pain Sufferers – Specialist

Common Causes of Joint Pain

Age, stress and disease can make joints stiffen in much the same way excessive wear or lack of lubrication can cause stiffness and squeaking in mechanical hinges. The most common joint problem is arthritis, which afflicts about 43 million Americans, or nearly 20% of the population.

In patients with arthritis, the joint's cartilage lining wears away, allowing the bones to rub against each other, resulting in friction, swelling, stiffness, instability and sometimes deformity. Severe arthritis can cause crippling pain when sufferers bend, walk, climb stairs or even sit.

Joint pain can also be caused by deformity or by direct injury to the joint, as in the case of trauma or a sports injury. Sometimes, joint pain is made worse by avoiding use of a painful joint, which weakens the muscles and makes the joint even more difficult to move.

Conservative Treatment Options

For many patients, it is reassuring to know that at Midwest Sports Medicine we explore all conservative treatment options before surgery is considered.

- **Medication** – anti-inflammatory drugs or other medications may be prescribed to help relieve pain and swelling
- **Physical therapy** – specific exercises recommended by a physical therapist may help keep joints flexible, reduce stiffness and build muscle strength
- **Joint fluid supplements** – “joint fluid therapy” injections that lubricate the damaged joint may provide temporary pain relief, but not a cure. These have been approved for the knee but not for the hip

If conservative treatments prove inadequate, our orthopaedic surgeons may be able to relieve your joint pain with minimally invasive surgical solutions, including:

- Ligament reconstruction
- Arthroscopy
- Partial joint replacement
- Minimally invasive hip and knee replacement

Total Joint Replacement – An Important Treatment Option for Severe Joint Pain



Severe joint pain and stiffness may require total joint replacement (TJR). TJR is a surgical procedure in which an arthritic or damaged joint, such as a hip, knee, ankle, elbow or shoulder joint is removed and replaced with an artificial joint called a prosthesis. The artificial joint is designed to move just like a healthy human joint.

Hip replacement involves replacing the femur (head of the thighbone) and the

acetabulum (cup). The artificial ball and its stem are made of a strong metal, and the artificial cup is made of metal with a polyethylene wear resistant plastic liner. In total knee replacement, the artificial joint is composed of metal (to replace diseased bone) and polyethylene (to replace diseased cartilage). Cement may or may not be used to anchor the prosthesis into place.

When performed by skilled surgeons, like those at Midwest Sports Medicine, TJR is one of the safest and most successful types of surgery. Over 800,000 joint replacements are performed every year in the United States. In 96% of cases, surgery is complication free and results in significant pain relief and restoration of mobility. While conventional joint replacements have proved to last a decade or more, advanced materials, such as titanium, ceramic and new plastic joint liners, will significantly increase the longevity of artificial joints.



An Elective Approach to Surgery

The decision to undergo total joint replacement surgery is highly personal. Only you can decide whether the extent of your pain and inability to perform activities-of-daily-living warrant the operation. When corrective surgery is being considered, you can be sure that the surgeons at Midwest Sports Medicine will provide you with:

- A thorough evaluation and accurate diagnosis
- In-depth information about your condition and the most effective treatment recommendations
- Expert surgical intervention
- A rehabilitation program leading to a full recovery

Patients who elect to have joint replacement surgery can be assured that our surgeons are renowned for their experience and expertise in these procedures. After surgery, our staff is fully trained to guide you through every phase of your recovery and rehabilitation.



Is Minimally Invasive Surgery Right For Me?

Minimally invasive surgery allows for the total joint replacement to be done through a much smaller incision resulting in less damage to the surrounding soft tissues and muscles. Special instrumentation developed within the last few years makes this possible. Such an approach can lead to ***a quicker recovery, a better functional outcome, less pain, a smaller incision and shorter hospital stays***. Some patients are actually choosing to return to the comfort of their own home the day following surgery. Our surgeons have fully embraced "minimally invasive" surgery and each has received specialized training to ensure the best possible patient outcomes.

The Difference Is... Better Care.

The expert physicians at Midwest Sports Medicine are committed to exceeding your expectations. Experience for yourself what makes us special, *the difference is... better care.*

When a joint has worn to the point that it no longer does its job, an artificial joint (called a prosthesis) made of metal, ceramics and plastic can take its place. The surgery to implant the prosthesis is termed a total joint replacement, which recreates the normal function of the joint. Total joint replacement is most frequently performed in the hip and knee, but the shoulder, elbow, wrist, and ankle joint can also undergo wear and require replacement.

Why do hips and knees need replacement?

The hip joint is a “ball and socket” in which the upper end of the thighbone rotates inside a rounded area of the pelvis; the knee is a “hinge” that joins the shin to the thigh. Both joints are lined with cartilage, a layer of smooth, tough tissue that cushions the bones where they touch each other. With age and stress, the cartilage wears away, and the bones rub against each other, causing friction, swelling, stiffness, pain and sometimes deformity. When this occurs, hip or knee replacement can relieve pain and restore mobility and quality of life.

What causes arthritis?

Approximately 50 million Americans suffer from arthritis. Usually, the cause is heredity. If your parents had arthritis, your chances of suffering from it are increased. Other causes include trauma or illness; for example, rheumatism, lupus and psoriasis cause the body to secrete enzymes that soften cartilage, making joints more vulnerable to wear. Severe arthritis can limit mobility and seriously impact quality of life. While medications can sometimes reduce pain and inflammation, many patients require joint replacement to regain their quality of life.

Is joint replacement surgery safe?

Joint replacement is a safe and common procedure. Annually, approximately 300,000 people have hips replaced and nearly 350,000 have knees replaced. As with any surgical procedure, certain risks are involved. The staff at Midwest Sports Medicine will review these risks with you, as well as explain how our post-operative program can reduce risk and aid in a more rapid recovery.

Asked Questions

Will I need physical therapy?

Yes. During the first few weeks of your recovery a physical therapist will come to your home and provide treatment to reduce joint stiffness, improve balance and increase your endurance and functional abilities. Most patients also require physical therapy in an out-patient setting to increase strength and regain optimal function. In addition, recent studies have shown that patients who attend 1-4 pre-operative therapy visits for flexibility, strengthening and education experience a more rapid recovery.

Will I be able to play golf after joint replacement?

Very likely—yes. Jack Nicklaus competed in the Masters after a hip replacement. Like Mr. Nicklaus, you'll have to make some adjustments to your game after surgery. You'll need to start slowly by chipping and putting, then graduate to a 9-hole course using a cart. Eventually, you may be able walk a full 18-hole course, but you shouldn't carry your own bag because the added weight may stress your artificial joint.



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Web Site

For additional information about our practice or our physicians, please visit our web site at www.midwestsportsmed.com

Call now...

To schedule an appointment, call the central scheduling desk at 847-437-9889.



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