



Stronger
starts
here.

Hip and Knee Arthritis: When to Consider Surgery

Rishi Gogineni, MD

Training and Career

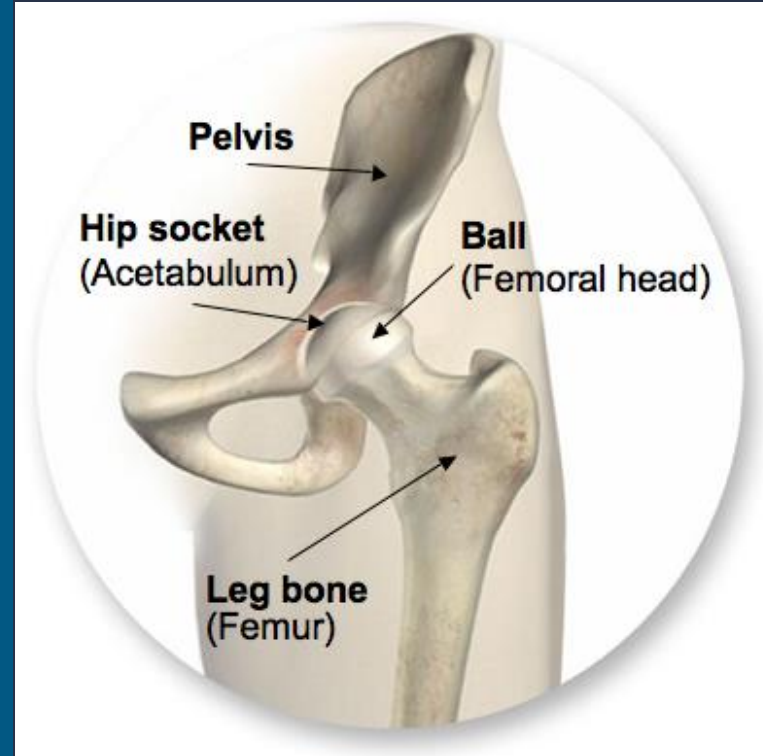
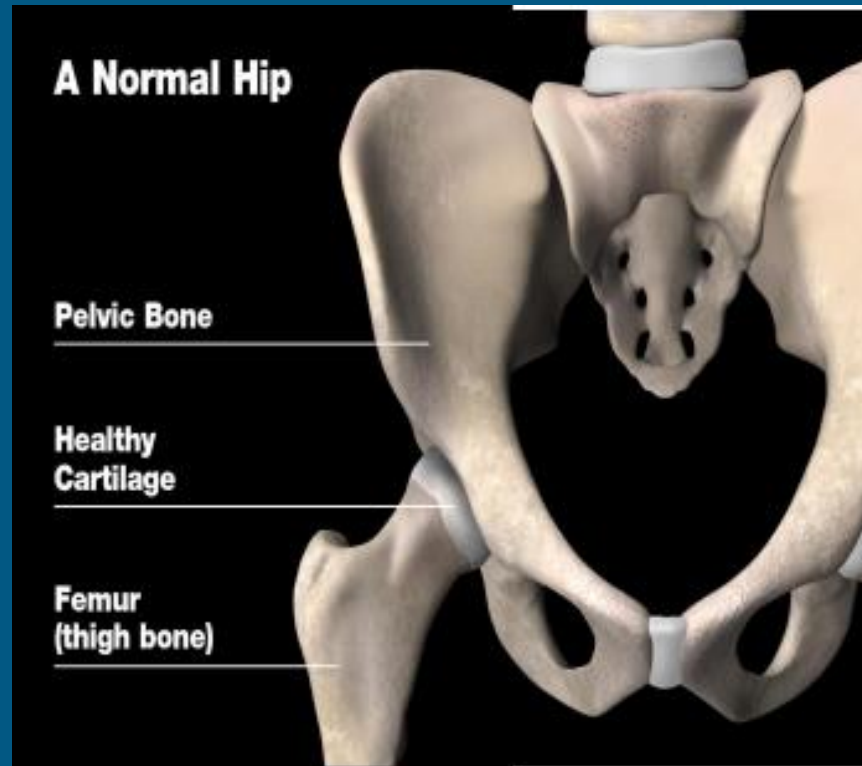
Education and Training



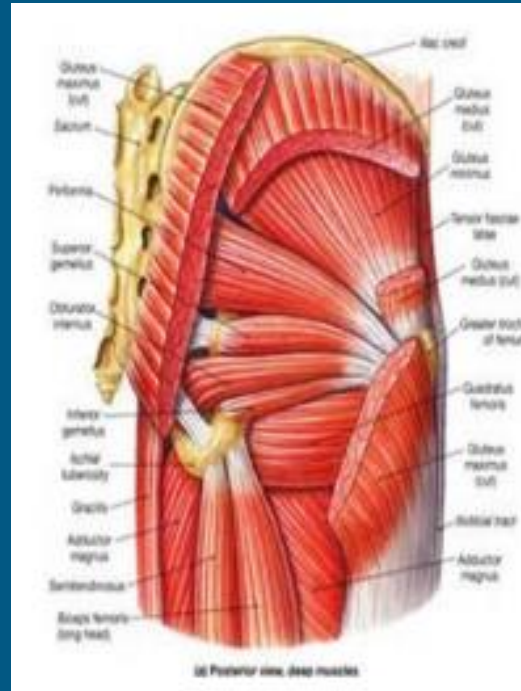
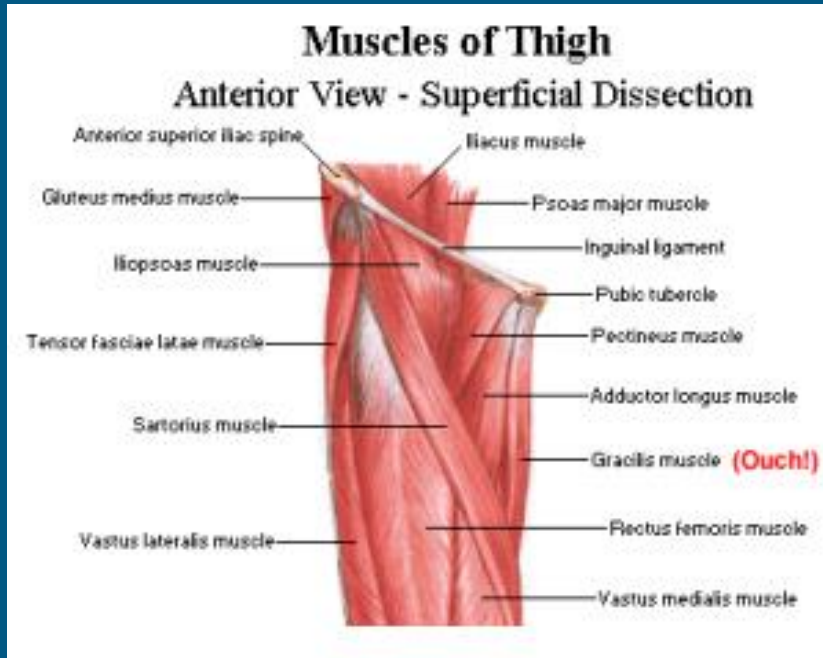
Career

- San Bernardino County, California
- Sedona, Arizona
- Northern Virginia

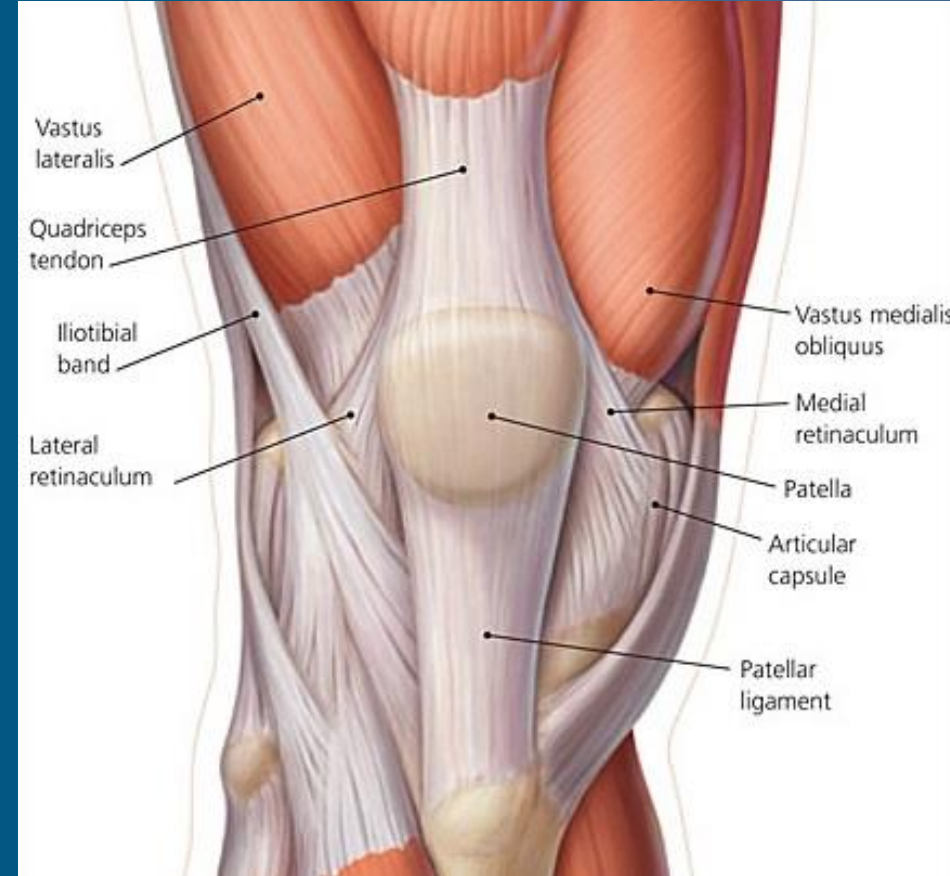
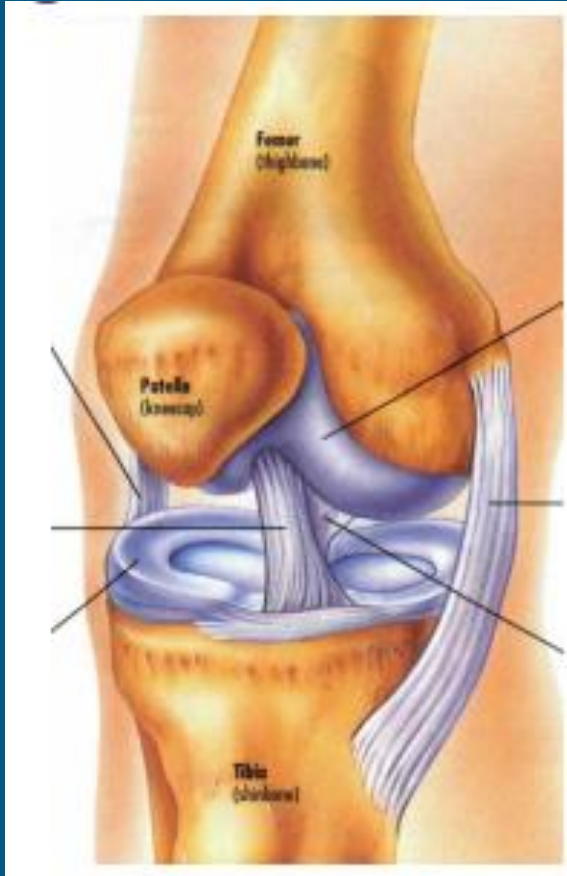
Normal Anatomy



Normal Anatomy



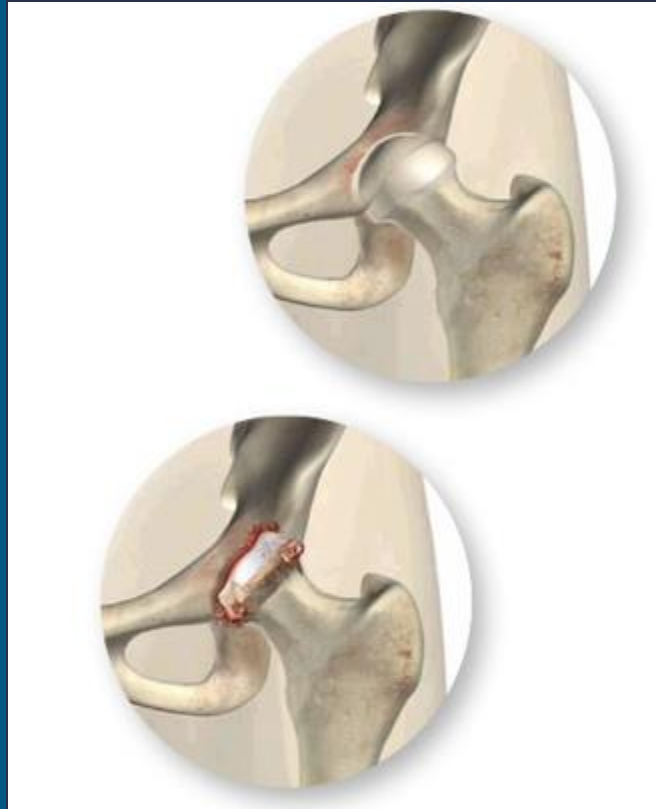
Normal Anatomy



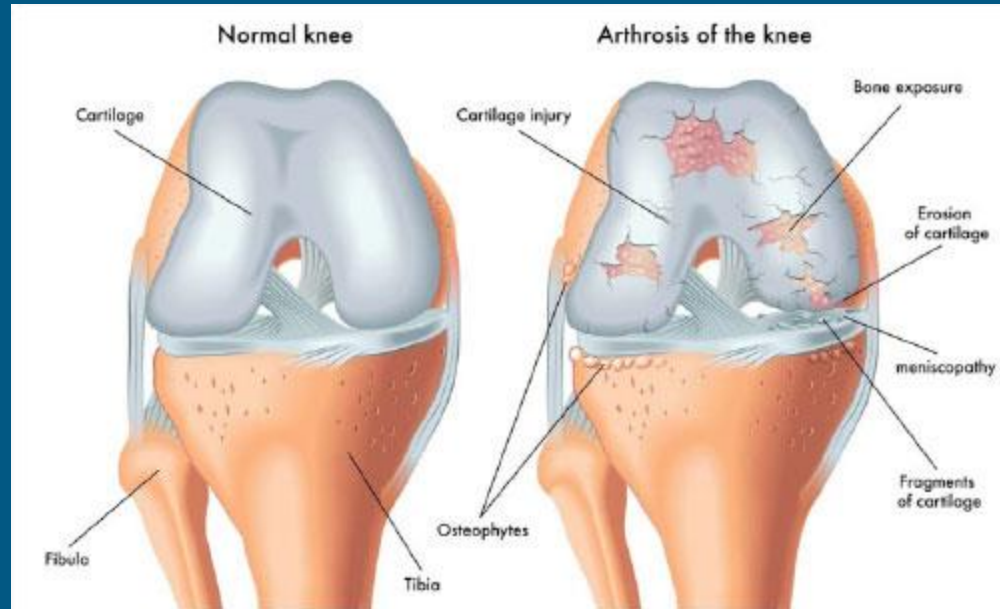
Arthritis Definition

- Cartilage destruction
- Mechanical changes
- Abnormal movement
- Pain and inflammation
- Swelling
- Stiffness

Hip Arthritis



Knee Arthritis



Symptoms of Arthritis

- Do you sometimes limp?
- Does your hip or knee feel stiff?
- Are you losing motion in these joints?
- Is it difficult to perform daily tasks—like walking, housework or tying shoes?
- Does pain limit your activities & lifestyle?
- Does one leg feel “shorter”?
- Do you experience pain in the groin or front of thigh, or around the knee?

How many people suffer from arthritis?

24% of all adults in the
United States

58 million



Treatments

- Non-surgical / Conservative
- Surgical

NSAIDs



Physical Therapy



Cortisone Injection



Visco / Gel Injections



Surgical treatment

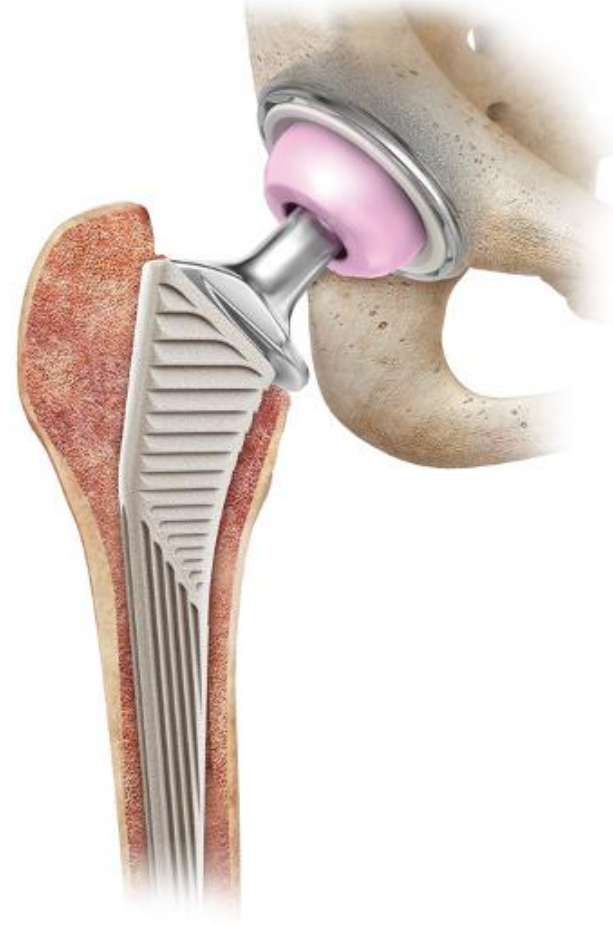
More than 2 million
replacements done last year.



Arthritic hip



Implant components



Completed hip replacement



How to decide if and when to consider surgery?

- Level of arthritis
- Duration of symptoms
- Treatments tried
- Overall health
- Tolerance of daily activities
- Tolerance of activities of pleasure



Questions and Discussion



Future Talk: New Advances in Hip and Knee Replacement

- Hip and knee approaches
- Hip precautions
- Robotic surgery
- Materials
- Pain management protocols
- Anesthesia
- Incision closures
- Outpatient surgery

