

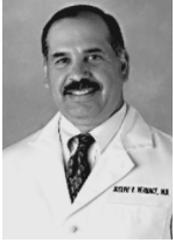


# HEALTH AWARENESS

## Knee Replacements Get Personal With Custom Fit

by Joseph Vernace, M.D.

(NAPSA)—While they may all look similar, no two knees are exactly alike. In fact, a recent clinical study of 180 normal knees showed that 98 percent were either bowlegged or knock-kneed by up to a few degrees. Even slight variations in the way a knee implant fits can lead to tightness, instability and potentially shorter implant life.



**Dr. Joseph Vernace**

A number of joint replacement technologies have been developed to address the differences in knee anatomy. One technology that has shown significant promise is called Custom Fit Knee™ Replacement, or OtisKnee™.

Custom Fit Knee Replacement allows the surgeon to match the size and placement of the knee implant precisely to the patient's pre-arthritis knee anatomy. Based on more than 5,000 patient cases, physicians and patients have reported quicker and less painful recovery, increased range of motion, a more natural feeling knee, and greater ease in performing normal living activities.

The new, custom procedure is achieved in a few steps:

1. Prior to surgery, an MRI is performed to take very precise measurements of the patient's arthritic knee.

2. Proprietary computer software then creates a 3-D image of that knee, and then virtually cor-

rects the deformity to return the knee to its pre-arthritis state.

3. A computerized 3-D image of the implant to be used in the patient's surgery is then "shaped-matched" to the anatomically correct virtual knee model. This helps determine the correct implant size and placement, based on the patient's own normal (non-arthritis) knee anatomy.

4. Using all this information, special cutting guides are created for the surgeon to use during the procedure. These patient-specific cutting guides, accurate to within a few millimeters, indicate to the surgeon exactly where to make bone cuts so that the knee replacement is customized for the individual patient.

With the OtisKnee cutting guides, surgeons are able to preserve more bone and ligaments, allowing for better implant fit and alignment. The surgery itself is shorter and simpler than traditional knee replacement, requiring the patient to spend less time under anesthesia. Physicians also report less patient blood loss since adopting the custom fit technique.

As with any medical treatment, be sure to consult your physician about the approach that might be best for you.

For more information, visit [www.customfitknee.com](http://www.customfitknee.com) or call (888) 684-7633.

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**Note to Editors:** May is Osteoarthritis Awareness Month