



## When Athletes Need Joint Replacements

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## Overview

Pain  
Lifestyle

Failed treatment

Who is at an increased risk?

Who has a lower risk?

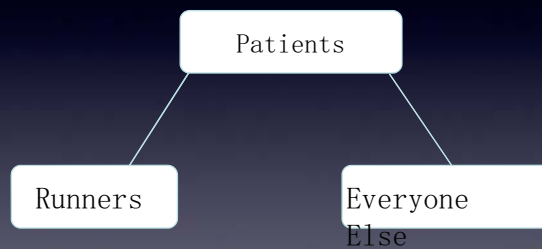
What are joint replacements?

What Can I do with a replaced joint?

Pain is the main reason for joint replacements!

## Pain

## Lifestyle



## Lifestyle

- I can't becomes a daily part of vocabulary

NSAIDs  
Physical Therapy  
Activity Modification  
Bracing  
Arthroscopy  
Time

## Failed Treatment

Football  
Soccer  
Basketball  
Gymnastics

Injuries bring higher risk in general

## Who is at Increased Risk?

Runners  
Cyclist  
Swimmers

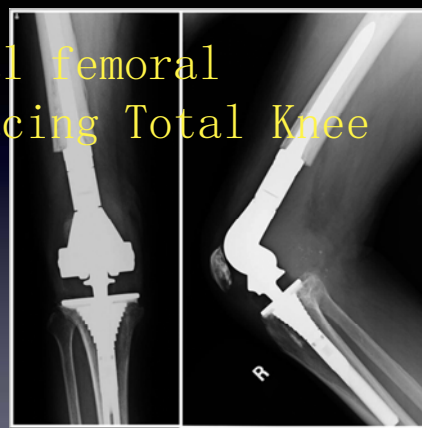
Active but lower impact or risk for injury is lower

## Who is at decreased Risk?

## What are Joint Replacements?

- Knee
- Hip

## Distal femoral Replacing Total Knee



## Partial Knee Replacement

Resurfacing of one compartment in the Knee  
Usually Medially, can be Lateral or Patellofemoral  
What does it look like?





## Total Knee Replacement

Resurfacing of the Distal Femur and Proximal Tibia

Patella optional but mostly resurfaced in U.S.



# Hip Replacement

Hemiarthroplasty  
Total hip arthroplasty  
Head resurfacing

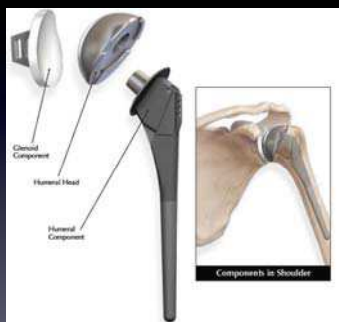




## Shoulder replacements

Head resurface  
Hemiarthroplasty  
Total shoulder  
Reverse total shoulder





Athletic Activity After Total Joint  
Replacement  
JBJS 2008

What Can I Do?

Activity After Joint  
Replacements

Arthritis is limiting and people eager for  
alternative

## Activity After Joint Replacements

Health Benefits  
Fitness, decreased anxiety, decreased depression,  
reduced mortality  
Improved cardiac health

## Activity After Joint Replacements

Joint Replacements decrease activity as whole  
Age is relative factor for activity level after  
replacement  
Partial knee Hip replacements tend to have higher

## Activity After Joint Replacements

Tennis and Golf were studied in particular  
Both had good results with full return to play  
after total joint replacements

## What are the Recommendations?

- Trend toward more activity



	Allowed		Allowed with Experience		No Consensus		Not Recommended	
	1999	2005	1999	2005	1999	2005	1999	2005
Bowling	✓	✓	Canoeing	✓	Square dancing	✓	Baseball	✓
Stationary cycling	✓	✓	Road cycling	✓	Fencing	✓	Basketball	✓
Ballroom dancing	✓	✓	Hiking	✓	Roller skating	✓	Football	✓
Golf	✓	✓	Rowing	✓	Downhill skiing	✓	Gymnastics	✓
Horseback riding	✓	✓	Ice skating	✓	Weight lifting	✓	Handball	✓
Shuffleboard	✓	✓	Cross-country skiing	✓	Baseball	✓	Hockey	✓
Swimming	✓	✓	Stationary skiing	✓	Gymnastics	✓	Juggling	✓
Normal walking	✓	✓	Doubles tennis	✓	Handball	✓	Rock climbing	✓
Canoeing	✓	✓	Speed walking	✓	Hockey	✓	Soccer	✓
Road cycling	✓	✓	Weight Machine	✓	Rock climbing	✓	Squash/racquetball	✓
Square dancing	✓	✓	Horseback riding	✓	Squash/racquetball	✓	Singles tennis	✓
Hiking	✓	✓	Downhill skiing	✓	Singles tennis	✓	Volleyball	✓
Speed walking	✓	✓	Weight machine	✓	Weight machine	✓		

\*This table is constructed to accurately compare the 1999 and 2005 Knee Society surveys. The 1999 survey asked about croquet (allowed), horseshoes (allowed), shooting (allowed), and lacrosse (not recommended), which were not included in the 2005 survey. The 1999 survey asked about high impact aerobics (not recommended) and low impact aerobics (allowed with experience). The 2005 survey combined these activities and asked about aerobics (allowed with experience). The 2005 survey asked about yoga (allowed with experience), which was not included in the 1999 survey.

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## Bottom Line

- No Consensus on how much is allowed!
- Personal decision and discussion with

Thanks!!



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