



State of the Art Knee Replacement



Written By: Seth Silver MD

Arthritis is a growing problem in America. The disease affects nearly 40 million Americans, particularly females and those over the age of 45. Rising obesity rates and increasing life spans have contributed to the increased prevalence of this disease in our society. The most common types of arthritis include osteoarthritis, rheumatoid and traumatic arthritis.

An arthritic knee can be caused by over 100 identifiable diseases. End-stage arthritis of the knee refers to patients with a breakdown of cartilage, growths or bone spurs, cysts and joint-space narrowing. Symptoms of this condition include, pain, crepitus (a sensation and/or sound of creaking, popping or grating in the joints), stiffness, limping, muscle weakness, limitation of motion and swelling. Patients with arthritis typically have a history of stiffness and problems with the knee "tiring out," disrupting sleep and limiting daily activities.

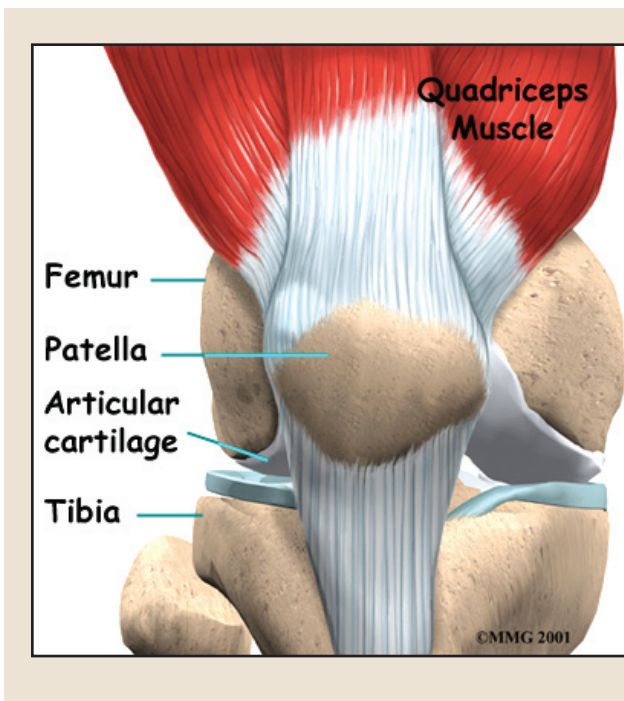
Operative treatments for advanced arthritis are considered when severe pain or significant disability interferes with the activities of daily life. When

a patient's mobility begins to decline, a downward spiral of stiffness, pain and further immobility ensues. In these cases, as well as in patients who fail to respond to non-surgical treatments, knee replacement may be necessary. Remember there is no cure for osteoarthritis and it is degenerative, which means that your pain and limited mobility can get worse over time. Dr. Seth Silver of the South Jersey Center for Orthopedics and Sports Medicine helps patients determine when it is time to consider this option.

Total knee replacements have revolutionized the treatment of advanced arthritis. Knee replacements have been highly successful for over 40 years with an estimated 450,000 total knee replacement procedures performed annually. According to the National Institute of Health, patients who undergo the procedure report improved pain relief, knee function and an enriched quality of life.

Today, there are several options for knee replacements, including models that can be tailored to meet patients' specific needs. For instance, Dr. Silver can utilize the "High-Flex Knee" when truly warranted for active patients, as well as the "Gender Knee," which addresses anatomic differences between men and women. The "Women's Knee," for example, contains several modifications that provide better results for female patients, including a thinner femoral profile and a better-contoured shape. There are even partial knee replacements that address only the diseased part of the knee.

Patients often ask about the benefits of "laser surgery," or arthroscopy, for arthritic knees. Although useful for other types of knee injuries, there are



The knee joint is formed where the thigh-bone (femur) meets the shinbone (tibia). A smooth cushion of articular cartilage covers the end surfaces of both of these bones so that they slide against one another smoothly. The articular cartilage is kept slippery by joint fluid made by the joint lining (synovial membrane). The fluid is contained in a soft tissue enclosure around the knee joint called the joint capsule.

The patella, or kneecap, is the moveable bone on the front of the knee. It is wrapped inside a tendon that connects the large muscles on the front of the thigh, the quadriceps muscles, to the lower leg bone. The surface on the back of the patella is covered with articular cartilage. It glides within a groove on the front of the femur.

very specific indications for the use of arthroscopy for advanced arthritis. Recent literature reviews show that arthroscopy alone for arthritis is an inadequate operation; replacement arthroplasty therefore remains the treatment of choice for advanced, end-stage arthritis. When it seems like you have tried everything and still do not have relief from debilitating knee pain, it is time to consider knee replacement.



Dr. Seth Silver, a board-certified orthopedic surgeon, has advanced training in knee replacement arthroplasty with over 20 years experience. A graduate of Georgetown University School of Medicine, he continued his training in the U.S. Army Medical Corps. His residency in orthopedics was completed at Brooke Army Medical Center, Fort Sam Houston, Texas. Dr. Silver is a Fellow of the Academy of Orthopedic Surgeons and has been named "Top Doc" in New Jersey Monthly, New Jersey Life and SJ Magazine. He actively performs the latest procedures to improve the quality of life for patients with arthritis. Dr. Silver can be reached at the South Jersey Center for Orthopedics and Sports Medicine at 856-696-0900 or by email at ssilver@southjerseycenter.com.

Keep your life...
Moving Forward

Now Open in Elmer
Elmer Physicians Care Center
525 State St., Suite 5
Elmer, NJ 08318
Call 856-696-0900 for an appointment today.


Joseph P. Bernardini, MD


Brad J. Bernardini, MD


Seth M. Silver, MD

At the South Jersey Center, our team approach to injury management provides comprehensive orthopedic care. Our patients are assured of coordination between our board certified and fellowship trained orthopedic surgeons, medical staff, registered nurses, and licensed physical therapists translating into the highest quality of orthopedic services available in the region!

From diagnosis to treatment and rehabilitation, the doctors from the South Jersey Center can help keep your life Moving Forward.

Specializing in:
Arthroscopic Shoulder & Knee Surgery
Total & Partial Joint Replacement
Minimally Invasive Spine Surgery


SOUTH JERSEY CENTER
for Orthopedics & Sports Medicine

994 W. Sherman Ave., Vineland, NJ 08360 • 856-696-0900 • www.southjerseycenter.com