AAHKS Team Member Course
Knee Panel Discussion

Dallas 2016

Case 1

- 56 year old male
- 3 years of symptoms
- Had intermittent NSAIDs, brace
- Cortisone x 3
- HA x 2
- MRI: mild/moderate DJD medial and patello femoral joint

Xrays

Questions

- More conservative Rx/
- Any role for wedges?
- Unloader braces?
- PRP, Stem cells?
- More info needed?
- Any more studies?

Surgery Choices

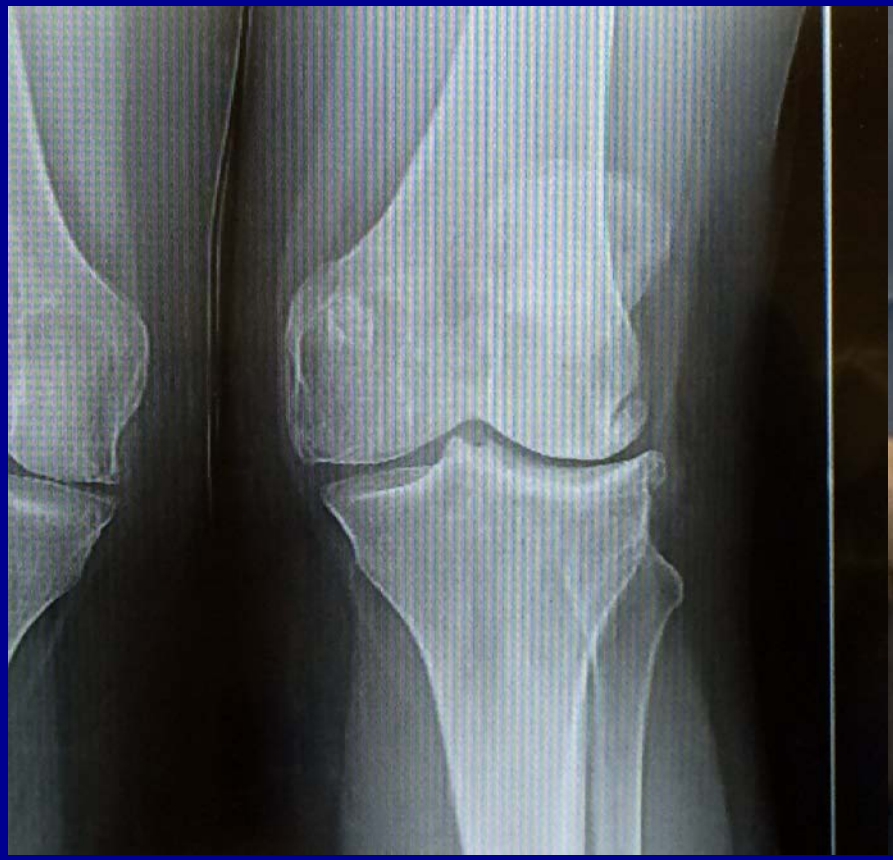
- Role of scope in arthritic knee
- Osteotomy?
  - Opening/closing wedge?
- Uni?
- Uni plus ACL? (staged, same day?)
- TKR?
- Conversation on outcomes, restrictions, conversions

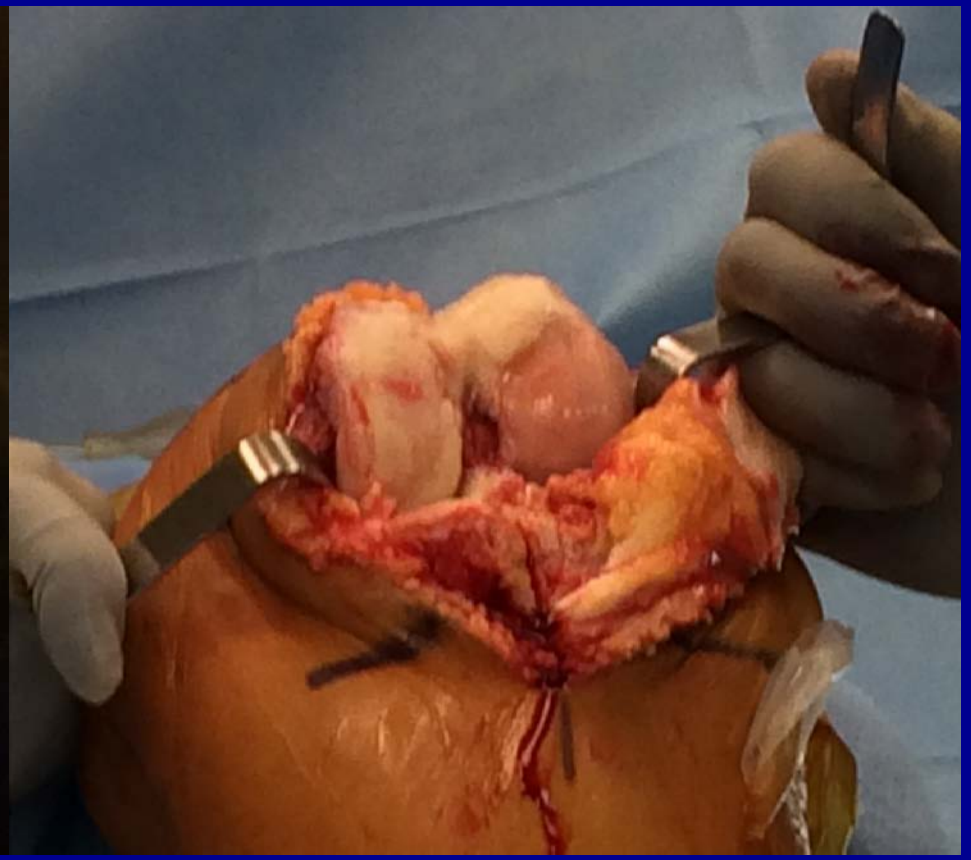
Unis

- Indications?
  - Obesity
  - Age
  - Deformity
  - ACL
  - Crystals
  - Patello femoral changes accepted
  - Psychology?
  - Role of MRI in work up
- Incisions?

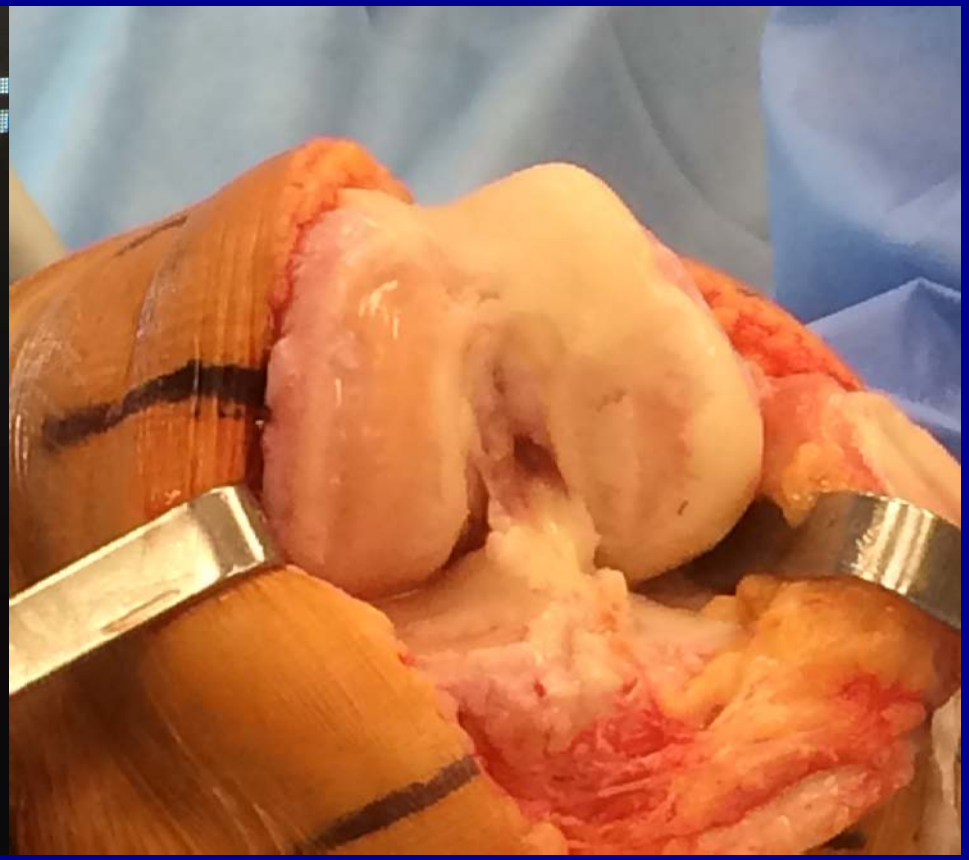
Pre-op Appearance

Pre-op Caution





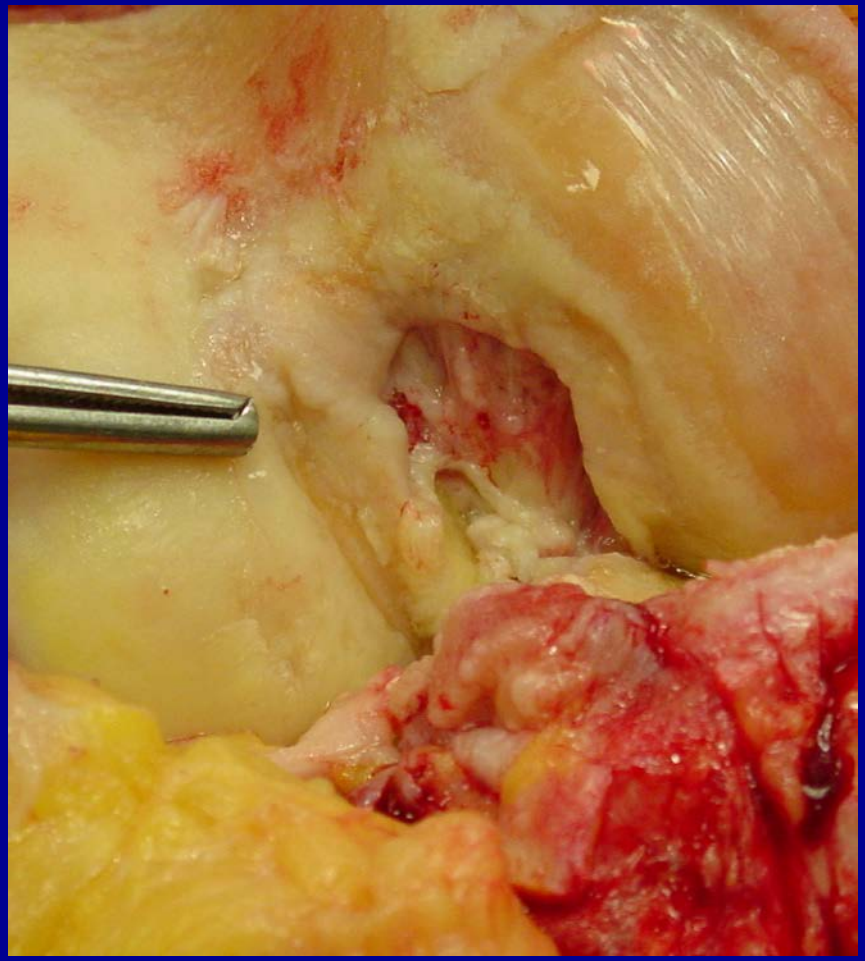
Pre- op Caution



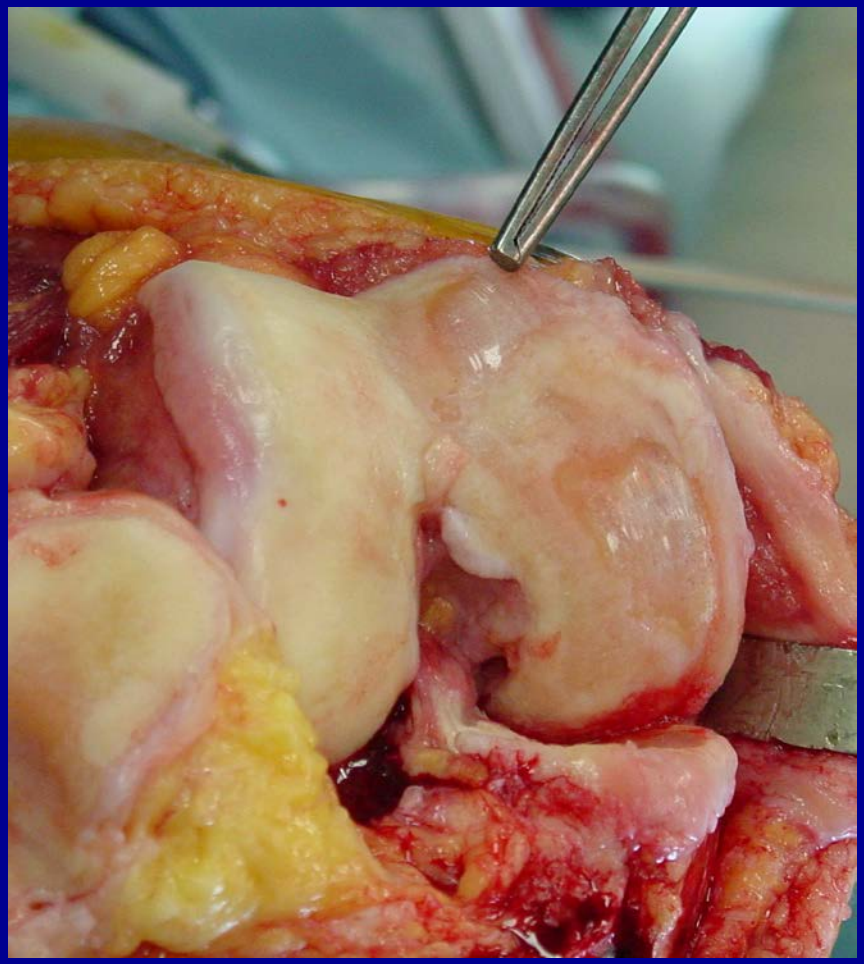
Contingency Plans

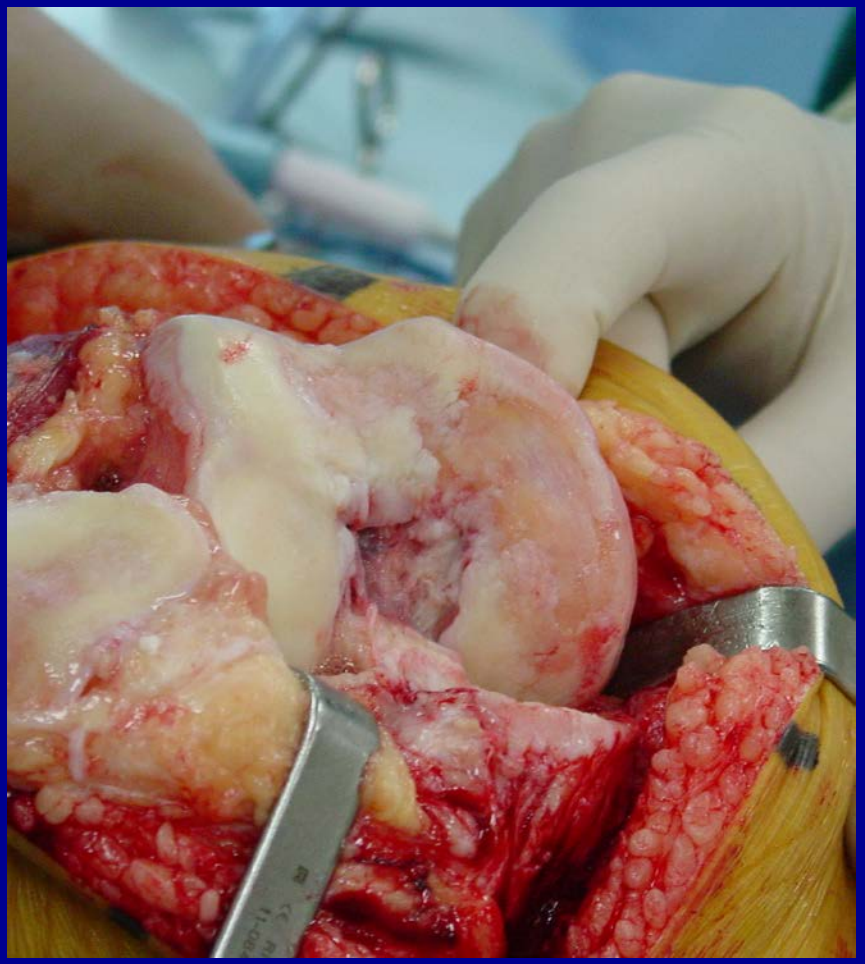
- Convert to TKR?
- Discuss w patient?
- What about Outpatient setting?

Intra-op appearance questions

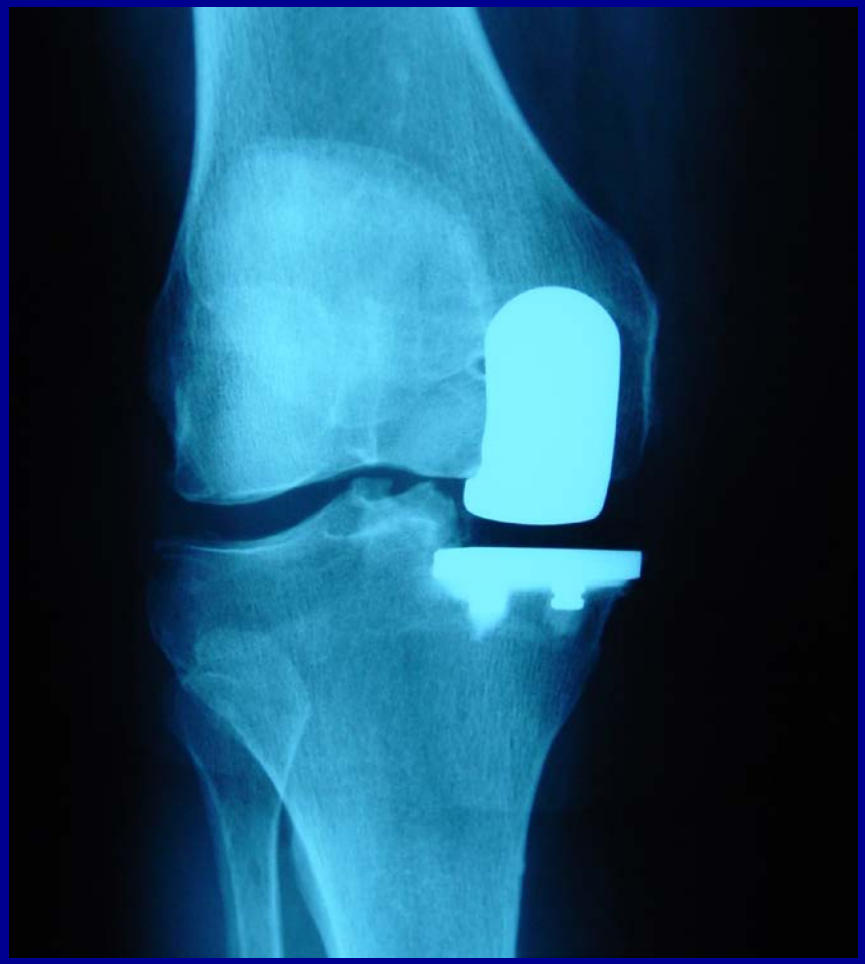


Intra–op appearance questions





Post op



Post op

- Anticoagulation
- Rehab issues compared to TKR
- Out patient?
- When drive?
- Any limits post op?

Case 2

Lateral Unis

- Any difference compared to Medial
  - Indications
  - Contra indications
- Technical considerations
  - Sizes
  - Rotation
  - Approach
  - Minimal number per year?
- Role of Distal Femoral Osteotomy?

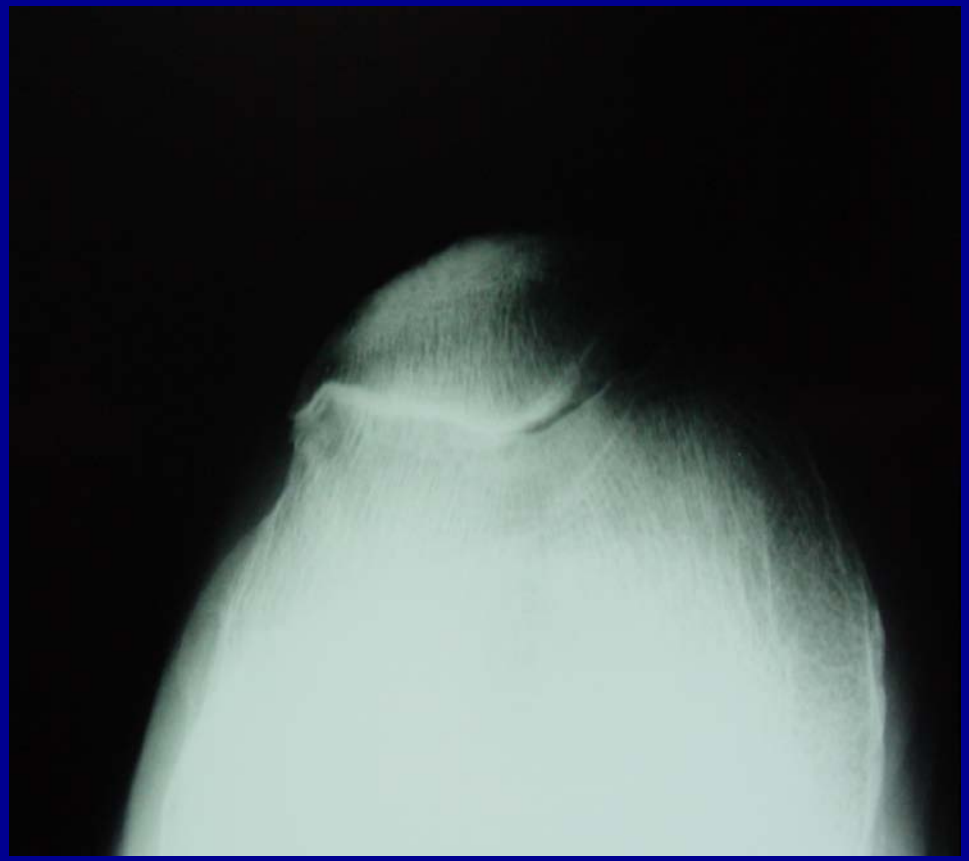
Lateral Uni

Case 3

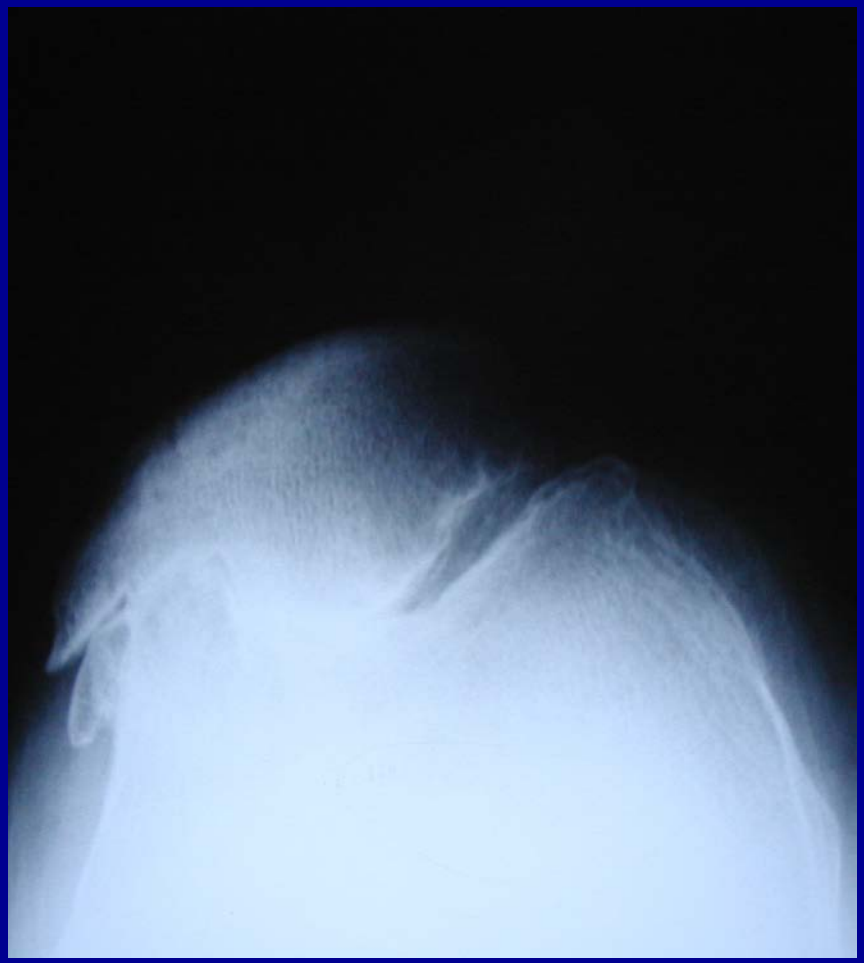
Patello-Femoral Arthritis

PatelloFemoral arthritis

- Evaluation
- Non surgical choices
  - Injection
  - PT
  - Brace
- How often follow up?
- Issue of bone stock?
- Those who don’t resurface….



Any difference?



Post Op

Case 4

Role of constraint in TKR?

Case 4a

- 81 year old male
- 10 degree FFC
- ROM 10-80
- Fixed deformity
- Failed conservative Rx
- Role of pre-op PT?
- Discussion on post op ROM
- Implant choice?

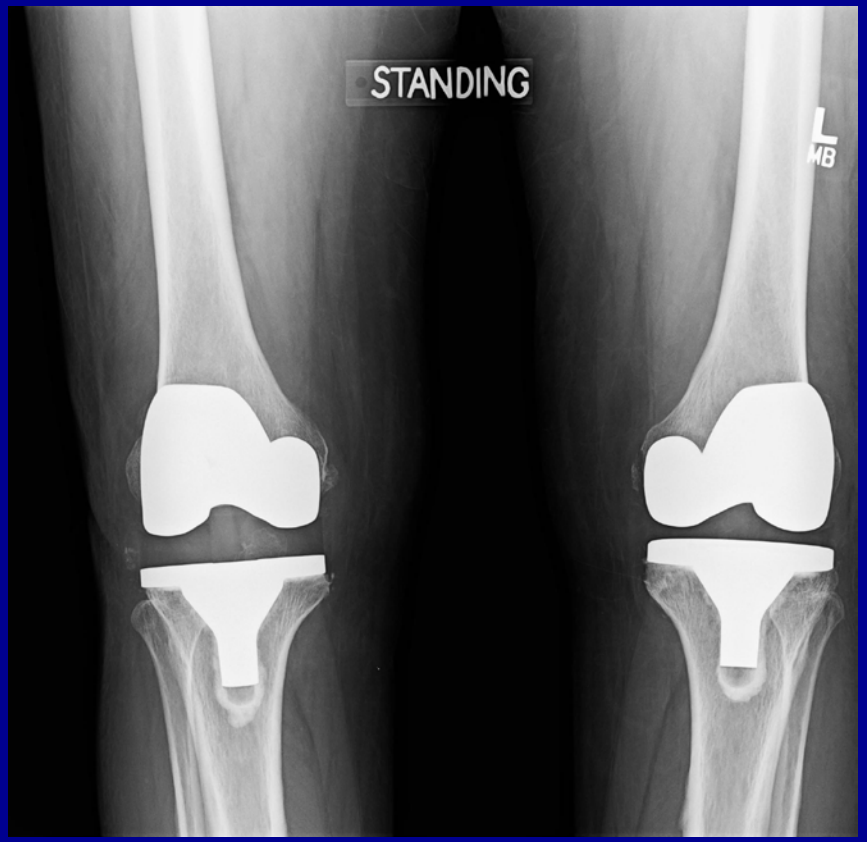
Case 4b

- 73 year old female
- 10 degree hyperextension
- ROM +10-135
- Role of brace, PT
- Any difference if stiff?
- Any particular potential complications?

Role of Constraint?

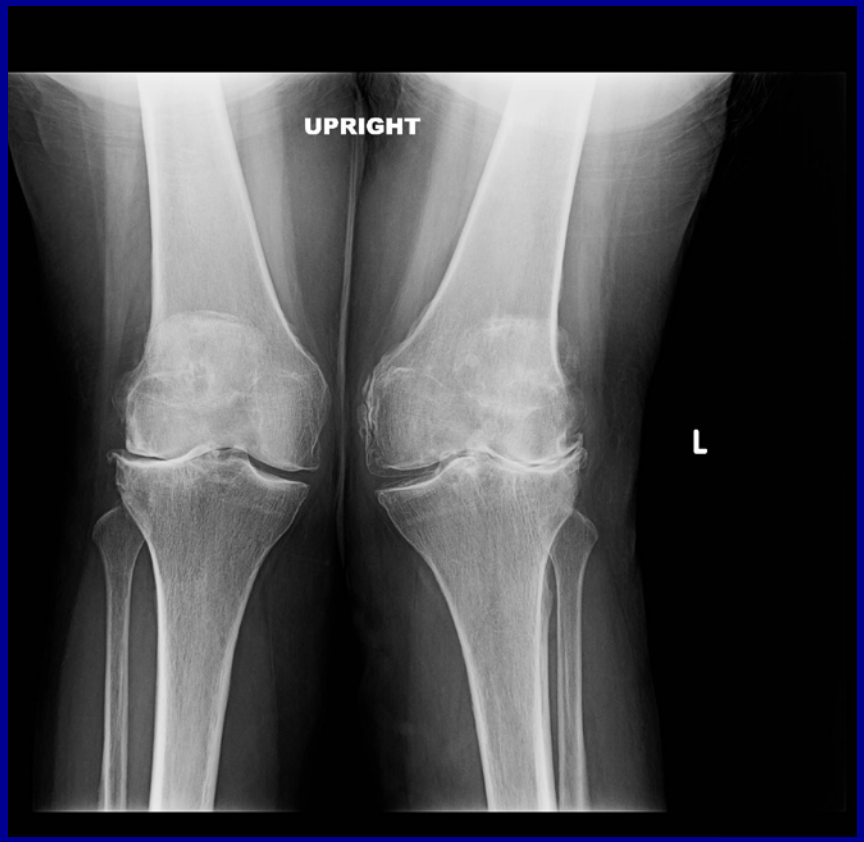
- Least possible?
- No longer an issue with “better devices”?
- Any difference with severe varus v valgus?
- Always need PS?
- Downsides to excess constraint

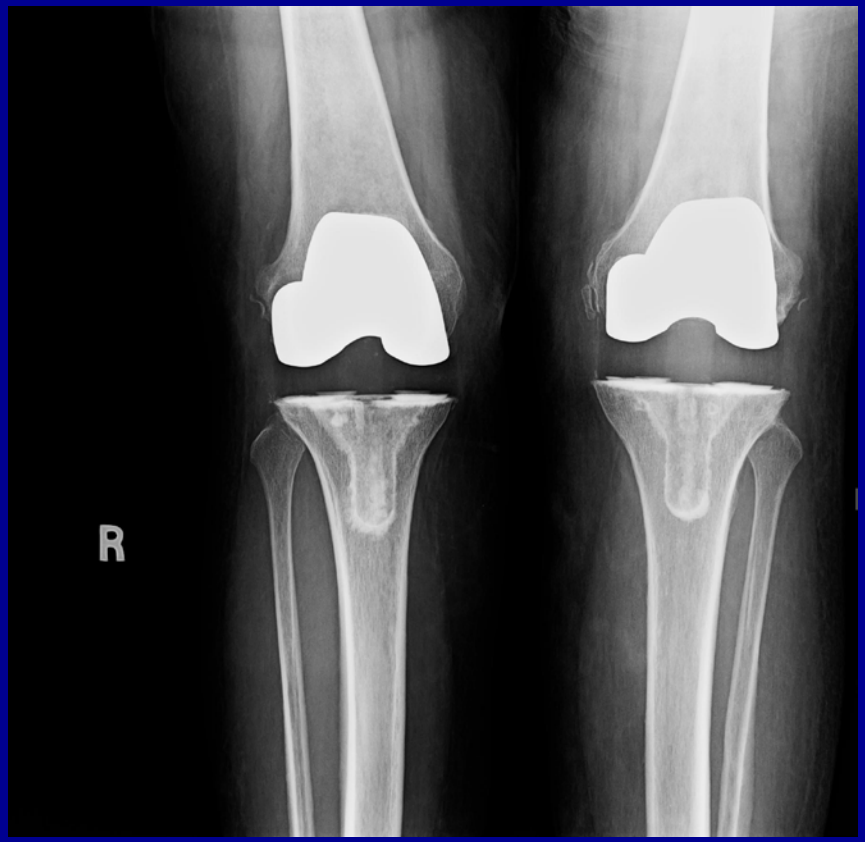
Can be used in Severe Varus



Lateral views of Severe Varus knees

Can be used in Severe Valgus





Lateral views of Severe Valgus knees

CR Retention in > 15 Degree Deformity

- AAHKS 2014
- 63 knees in 55 patients
- 45 female; 10 male
- 55 valgus’ 8 varus
- Knee Society Scores: 35-93
- 7 revisions: 3 infections; 3 polywear; 1 fracture
- Average time to revision 5 years

Bilateral Knees

- When
- Why
- Contraindications
- Pain control
- Ever do UKR and TKR
- If bad hip, which first
- Always match devices

Case 5

Uncemented TKR

Case 5

- 59 year old BMI 38
- ROM 5-115
- Failed conservative Rx
- Pain with ADLs
- Assuming TKR: resurface patella?
- Antibiotics in cement?

Uncemented TKR

- Role of Uncemented TKR?
- Indications/Contra
  - Age, bone quality, weight/ BMI
- Role of HA
- Role of “modern metals”

Uncemented TKR

- Technical issues?
- Post op: any differences
- Rehab protocol: any differences
- Cement the patella?


R
MB
30 OCT 2008

Results of UC TKA

Author	Publication year	Device (Manufacturer)	No. of TKRs	Follow-up (yrs)	Survivorship (%)
Buechel et al	2001	New Jersey LCS TKR (DePuy)	140	16	100
Cossetto and Gouda	2011	AMK DuoFix (DePuy)	175	5.5	98.8
Hofmann et al	2001	Natural-Knee (Zimmer)	300	12	95.1
Buechel	2002	LCS Rotating Platform (DePuy)	169	20	99.4
Watanabe et al	2004	Osteonics 3000 (Omnifit)	76	10	96.7
Cross and Parish	2005	Active (Australian Surgical Design and Manufacture)	1000	9	99.14
Hardeman et al	2006	Profix (Smith & Nephew)	115	8 to 10	97.1
Whiteside and Viganò	2007	Profix (Smith & Nephew)	1556	7	100
Chana et al	2008	Duracon (Stryker)	186	8	98.6
Epinette and Manley	2007	HA Omnifit Knee Prosthesis (Stryker)	146	11	98.14
Eriksen et al	2009	AGC 2000 (Biomet)	114	20	85
Kamath et al	2011	NexGen (Zimmer)	100	5	100
Ritter and Meneghini	2010	AGC (Biomet)	73	20	98.3
Choy et al	2014	LCS Rotating Platform (DePuy)	82	8 to 11	100

Conclusion

- Data analysis shows UC TKA effective and durable
- Increasing interest due to larger numbers younger more active patients
- Quest for a more permanent, biological fixation will lead to more UC usage
- More data will help answer unknowns