

H10 Joint-Saving Knee Surgery

March 2007

Intro: For many of us, wear and tear arthritis is an inevitable part of aging. Thousands of people have knee pain from it, and many go on to have knee replacements. But for younger patients, doctors at Mayo Clinic have another option. They're using high tech computers to realign knee joints in hopes of preventing the need of a total knee replacement.

Video

Total running time 1:39

**Myke Kudlas
Had Knee Pain**

**Myke Kudlas
Had Knee Pain**

Audio

"C'MON BUDDY!"

PROTON LOVES THE DOG PARK.

"I NAMED HIM PROTON BECAUSE
PROTONS ARE POSITIVE."

MYKE'S PRETTY POSITIVE
HIMSELF. HE HAD AN OPERATION
THAT STOPPED KNEE PAIN
CAUSED BY DAMAGED CARTILAGE
AND EARLY OSTEOARTHRITIS.

"I'D COME OUT HERE WITH
PROTON AND IT WAS ALL I COULD
DO TO GET TO A CHAIR JUST TO
SIT DOWN AND LET HIM RUN
AROUND."

PAIN WITH EVERY STEP. NOT
GOOD. MYKE WANTED TO AVOID A

Cedric Ortiguera, M.D.
Mayo Clinic Orthopedic Surgeon

Standup
Vivien Williams
Reporting

Cedric Ortiguera, M.D.
Mayo Clinic Orthopedic Surgeon

KNEE REPLACEMENT BECAUSE
THEY CAN WEAR OUT AFTER 10
YEARS OF ACTIVE USE. HE'S JUST
43. SO INSTEAD MYKE HAD WHAT'S
CALLED AN OSTEOTOMY.

“AN OSTEOTOMY MEANS
ACTUALLY CUTTING THE BONE. IT
ALLOWS US TO REALIGN THE
SHAPE OF THE LEG.”

DR. CEDRIC ORTIGUERA SAYS
OSTEOTOMIES HAVE BEEN
AROUND FOR A LONG TIME. BUT
WHAT MAKES THIS OPERATION
NEW IS STATE-OF-THE-ART
COMPUTER TECHNOLOGY. IT
KEEPS TRACK OF THE JOINT IN
THREE DIMENSIONS AND HELPS
DOCTORS BE MORE EXACT THAN
EVER BEFORE.

“THE COMPUTER ASSISTANCE
ALLOWS US TO BE VERY PRECISE
IN HOW WE REALIGN SOMEONE'S
BONE.”

AND BEING MORE PRECISE IN THE
O.R. YIELDS BETTER RESULTS.
DURING SURGERY DR. ORTIGUERA
PLACES MARKERS AROUND THE
KNEE. THE COMPUTER REGISTERS
THESE POINTS AND SHOWS HOW
THE KNEE IS MISALIGNED. HE
THEN CUTS THE BONE BELOW THE
KNEE AND ADJUSTS THE JOINT TO
ACHIEVE PROPER ALIGNMENT.
PLUS HE CAN ALSO REPAIR
CARTILAGE AT THE SAME TIME.
THE OPERATION DELAYS AND MAY
EVEN PREVENT THE NEED FOR A
TOTAL KNEE REPLACEMENT.
“I CAN COME OUT HERE AND WALK
ALL OVER THE PLACE WITH
PROTON.”
AND THAT MAKES MIKE AND
PROTON VERY HAPPY.
FOR MEDICAL EDGE, I’M VIVIEN
WILLIAMS.

Myke Kudlas

Anchor tag:

Mike says he's pretty much pain free and has no limitations. The only difference he notices is that before the operation he was bow-legged, now he's not.

Dr. Ortiguera says computer-assisted technology is also used for total knee replacements. The precision it offers means both operations will last longer, reducing the need for future operations..

For more information, log onto our Website at...**[STATIONS: Per the licensing agreement, please provide a link from your station's website to <http://www.mayoclinic.org> or voice tag "mayoclinic.org" for more information.]**