

# Knee replacement is not the only option available for Arthritis

Joint Preservation and Joint Replacement Surgeon Dr Narendra Patel shares with us various other treatments beneficial for patients suffering from Arthritis

**O**steoarthritis of knee joint is a progressive disease that increases as the age progresses. During an entire lifespan of a person, arthritis passes through four stages. There is commonly a wrong belief that knee replacement is the only solution for osteoarthritis. Knee replacement is good choice where arthritis has reached to stage 4 as no further option to save knee exist thereafter. But during first three stages, if proper steps are taken, specialists can definitely slow down or delay progression of the disease and person can enjoy life with natural knees for long time.

In a normal knee joint there are two compartments- Inner and outer. In normal cases weight is evenly distributed in both compartments. In arthritis with increasing age and weight, inner compartment takes major load. So cartilage will wear out early in this area. Person will start having pain on inner side of knee. This gradually leads to knee bend and bow leg deformity.

A few options to delay arthritis progression and keep natural knees intact:

## EARLY ARTHRITIS PERIOD

- 1) Platelet Rich Plasma Therapy
- 2) High Tibial Osteotomy
- 3) Proximal Fibular Osteotomy
- 4) Stromal Vascular Fraction Therapy

## PLATELET RICH PLASMA INJECTION (PRP)

Platelets in the blood contains growth factors and cytokines necessary for tissue repair and regeneration. 10 ml blood sample is centrifuged and PRP is prepared. When injected in to knee joint it gives good pain relief for 6 months to a year time and allows the disease to slow down in its progression.

## HIGH TIBIAL OSTEOTOMY (HTO)

Osteotomy means cutting of a bone and reshaping it to relieve joint overload. It is a surgical procedure, used when a patient has early-stage osteoarthritis that has damaged just one side of the knee joint (mostly inner comp.) By shifting weight off of the damaged side of the joint to healthy outer compartment, an osteotomy can relieve pain and significantly improve function in an arthritic knee.

This surgery is very useful for young patients with early arthritis. It can give 10 to 15 pain free years and patient can



Total Knee Replacement



Proximal Fibular Osteotomy



Platelet Rich Plasma (Stromal Vascular Fraction Therapy)



High Tibial Osteotomy

do all day to day activity including squatting and cross leg sitting.

## PROXIMAL FIBULAR OSTEOTOMY

It is a miniature surgical procedure done on small bone of leg. It will help to decompress inner compartment and relieves pain. Patient can walk next day with pain relief. The recovery period of this surgery is very fast. Again patient can do all daily activities after undergoing this procedure.



Dr Narendra Patel

## STROMAL VASCULAR FRACTION

It is an Australian patented technology with innovative surgical procedure where special kind of cells with regenerative potential are extracted from body fat. This cells can differentiate into cartilage and bone cells. It is injected inside of the knee joint. As the new cartilage forms, disease comes under control. Patient can enjoy natural knee function and improved quality of life for another seven to eight years. It has no side effects.

## LATE ARTHRITIS STAGE

Dr. Narendra Patel, Knee Specialist Arthroscopist, who has done his MS - Ortho from MS University, Vadodara and advanced training from USA and Germany, opines, "In cases when there no cartilage is left to regrow and there is bone to bone rubbing in your knee, it is better to take a final call for knee replacement as all other options will not work for long time. Knee replacement can give you 15 to 20 years of pain free life. It is a boon to old age patient to come back in life and enjoy everything. So, let us allow nature to nurture the joint first, and then take the final call for knee replacement if needed."

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NORMAL KNEE



STAGE 1



STAGE 2



STAGE 3



STAGE 4