# Are You Living with Knee Pain?



MAKOplasty® may be the right treatment option for you.

Osteoarthritis shouldn't keep you from doing the things you love.

If you've been diagnosed with osteoarthritis (OA) of the knee, you may be a candidate for MAKOplasty® – a robotic arm assisted partial knee resurfacing procedure designed to relieve pain and restore range of motion. MAKOplasty® is an innovative treatment option for adults living with early to mid-stage osteoarthritis that has not progressed to all three compartments of the knee.

"I could not be happier with the outcome of the surgery. My recovery time was quick and even the physical therapy, to help me regain the full range of motion in my knee, was not painful. As time goes by I have found that the knee is better and better. I would highly recommend this surgery to anyone who is suffering with the same condition that I had."

Patricia McConnell, MAKOplasty® patient

"...When I am walking, it feels so comfortable that I have to stop and think which knee has an implant. I'm now able to go up and down steps without holding on to the railing totally pain-free."

Harvey Saff, D.P.M., MAKOplasty® patient

<sup>\*</sup>Individual results may vary. There are risks associated with any knee surgical procedure, including MAKOplasty®. Your physician can explain these risks and help determine if MAKOplasty® is right for you.

### Understanding osteoarthritis

#### Symptoms of OA of the knee include:

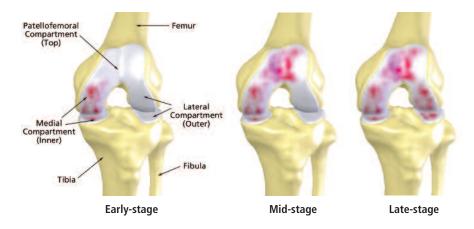
- Pain while standing or walking short distances, climbing up or down stairs, or getting in and out of chairs
- Pain with activity
- Start up pain or stiffness when activities are initiated from a sitting position
- Joint stiffness after getting out of bed
- Swelling in one or more areas of the knee
- A grating sensation or crunching feeling in the knee during use

#### How is OA treated?

Whether your OA is mild or severe, your physician will most likely recommend certain lifestyle changes to reduce stress on your knee joints. Additional disease and pain management strategies may include: physical therapy, steroid injections, over-the-counter pain medications such as acetaminophen, non-steroidal anti-inflammatory drugs (NSAIDs) or topical pain relieving creams.

Please speak with your physician if your symptoms aren't responding to non-surgical solutions, or your pain can no longer be controlled by medication. You could be a candidate for surgery.

#### Stages of OA



## ноw MAKOplasty® can help

The MAKOplasty® procedure is a unicompartmental or bicompartmental knee replacement enabled by robotic arm technology that allows the surgeon to perform surgery precisely through a smaller incision as compared to standard manual procedures. Surgeons use the RIO® Robotic Arm Interactive Orthopedic System, a surgeon-controlled robotic arm system that combines computer imaging with an intelligent instrumentation. This allows the surgeon to precisely place an implant that has been selected for your knee.

MAKOplasty® can be performed through a four to six inch incision over your knee with small incisions in both your femur (thighbone) and tibia (shin). By preserving healthy bone, tissue and ligaments along with more ideal patient specific implant positioning, the results may be a more natural feeling knee.

Since healthy bone is preserved, patients who undergo MAKOplasty® partial knee procedures may still be candidates for a total knee replacement procedure later in life if necessary. Your physician should discuss the specific risks associated with MAKOplasty® and other treatment options with you. In addition, you should be informed of any pre-operative and post-operative instructions by your surgeon or his or her staff.

As a knee arthroplasty procedure, MAKOplasty® is typically covered by most Medicare-approved and private health insurers.

To learn more about MAKOplasty®, speak with your orthopedic surgeon or visit: www.RestoreYourKnees.com





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