

MIS™ QUAD-SPARING KNEE REPLACEMENT

A Minimally Invasive Solutions Procedure.

Ready to take the next step with knee replacement?

Your knee is a valuable and vital part of the body, allowing you to take step after step and live life just as you please. Many people take for granted the ability to walk or sit without any pain. However, if your knee joint is injured or worn, it can cause pain in everyday activities. If you experience discomfort, stiffness or reduced mobility in your knee, it may be time to consider treatment options available to you.

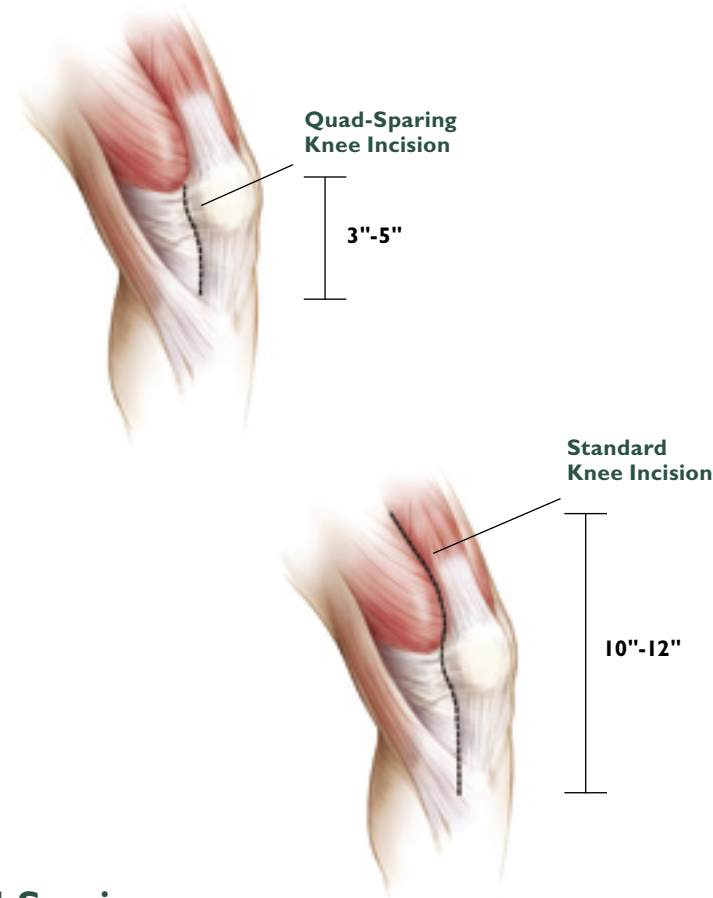
At Ohio Orthopaedics & Sports Medicine, we are proud to offer a new minimally invasive surgical procedure for knee replacement. Having surgery does not need to result in a life of inactivity, but rather one that is enhanced with comfort and stability. The Minimally Invasive Solutions (MIS™) Quad-Sparing Knee Replacement surgery is an advanced procedure that replaces the damaged knee joint and avoids cutting through the quadriceps muscle and tendons, involving less pain and less recovery time. If you are experiencing discomfort, it can not only limit movement but limit your freedom to live a normal and active life. Our specialized physicians have the expertise to help you return to a pain-free, active lifestyle.



What is MIS Quad-Sparing Knee Replacement Surgery?

The MIS Quad-Sparing Knee Replacement surgery is a great alternative to traditional total knee replacement surgery. This procedure reduces the amount of trauma involved to muscles and tissue surrounding the knee compared to traditional surgery. With specialized equipment and advanced techniques, the physician can maneuver around the quadriceps muscle and tendons while accessing the damaged knee joint. This helps to eliminate post-surgery healing time and pain resulting from a traditional knee replacement surgery, in which the quad muscle is cut. Undergoing a minimally invasive surgery involves even more patient benefits to aid in recovery time. The minimally invasive procedure allows the surgeon to make only a 3- to 5-inch incision on the front or side of the knee. Since the incision is about five inches smaller than a total knee replacement incision, less soft tissue is disrupted, reducing pain and aiding in patient recovery time. Overall, the smaller incision and intact quadriceps muscle and tendons allow for shorter rehabilitation, reduced blood loss, less pain, a shorter hospital stay and a more rapid recovery.

The physicians at Ohio Orthopaedics & Sports Medicine are continually searching for new procedures to meet our patient's changing needs. The MIS Quad-Sparing Knee Replacement surgery is just another option we provide to help you return to your daily life and experience relief through pain-free movement.



What can you expect following MIS Quad-Sparing Knee Replacement Surgery?

The Quad-Sparing Knee Replacement surgery benefits the patient by reducing the amount of time spent in the hospital. This less invasive technology separates the quadriceps tendons and muscles when replacing the damaged knee joint. On average, most patients will be hospitalized for three to five days. During your hospital stay, our staff will show you skills and exercises to strengthen your leg and gain flexibility. At Ohio Orthopaedics & Sports Medicine, our physicians are committed to making your transition from surgery to recovery as fast and pain free as possible. After the MIS Quad-Sparing Knee Replacement procedure, a follow-up visit will be scheduled to ensure your knee is healing properly. Stitches or staples are often removed about two weeks after surgery, and your doctor will then schedule additional follow-up visits based on your individual needs.

Physical therapy sessions will be a critical part of the recovery and rehabilitation process. The physical therapists will have you walking again as soon as possible and will teach you how much pressure to bear on your new joint. **We want to highlight the importance of attending all physical therapy sessions and performing daily exercises.** This therapeutic combination will allow you to get your knee back to its full range-of-motion at a healthy pace. Gradual exercise is necessary, but be cautious not to over-strain your body.

Although this technology is less invasive and can provide you with greater stability immediately after surgery, remember to take it slow. Practice your exercises and avoid risky movements. Your new joint may feel a bit stiff at first, but as you continue to build muscle strength and improve joint motion, you will be on your way to a successful recovery.

Helpful reminders before and after Quad-Sparing Knee Replacement Surgery.

At Ohio Orthopaedics & Sports Medicine, we want to get you back to enjoying life and experiencing pain-free movement. Please remember to follow your doctor's instructions. The Quad-Sparing Knee Replacement surgery provides a faster and less painful surgical option, and we are here to aid you in a healthy recovery. We have put together before and after surgery hints to help our patients be prepared for the surgical experience.

Before Surgery:

- See your primary care physician
- Finish any dental work
- Ask how to manage blood loss
- Stock up on canned and frozen foods and store food and supplies between waist and shoulder level
- Prepare a sleeping area on the main living level to minimize trips up and down the stairs
- Pick up clutter around the house and tape down electrical cords
- Arrange for a friend or family member to deliver groceries and run errands
- Follow doctor's orders on when to stop eating and drinking before surgery
- Ask what medications should be avoided before surgery

After Surgery:

- Schedule your first post-op visit with your doctor
- Keep the incision dry until all stitches or staples are removed (unless instructed by your physician)
- Immediately call your doctor if there are any signs or symptoms of infection
- Complete physical therapy
- Discuss an appropriate timetable to go back to work
- Avoid specific strenuous activities indicated by your doctor



Clinic Locations

Findlay

301 West Wallace Street
Findlay, Ohio 45840
419.424.0131

Fostoria

501 Van Buren Street
Fostoria, Ohio 44830
419.436.0996

Ottawa

1740 North Perry Street
Ottawa, Ohio 45875
419.424.0131

Tiffin

27 St. Lawrence Drive, Suite 102
Tiffin, Ohio 44883
419.448.7424

Physical Therapy Location

1733 Western Avenue, Suite C
Findlay, Ohio 45840
419.425.6786



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