

Innovative Treatments for Painful Hips and Knees

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My Training

- Undergrad- Carroll College- Helena, MT
- Medical School- University of Washington
- Residency- University of New Mexico
- Fellowship in Joint Replacement-
- Coon Joint Replacement Institute St. Helena, CA
- * First Surgeon with Fellowship training specifically in Robotic Joint Replacement

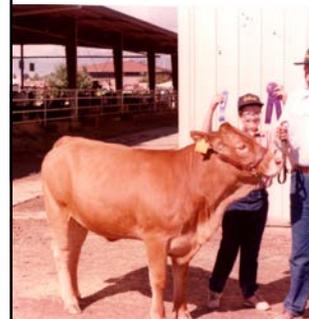


Medical License: CO and MT

Disclosures: Consultant for Stryker Robotics

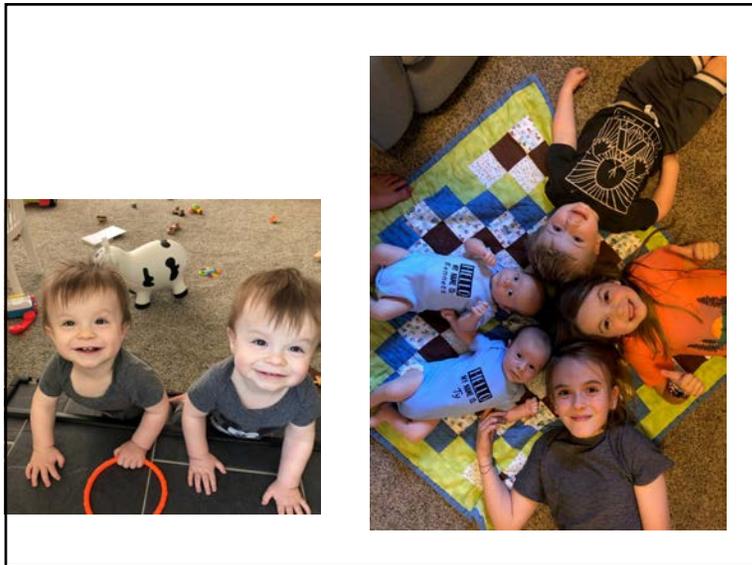


Boulder County Fair circa 1989ish



Hay ride

Brian Blackwood, 11, rides on the back of a wagon full of hay he was helping collect at 21st Avenue and Meadow Street on Friday.



About my practice...

- Focus on minimally invasive surgical techniques combined with advanced technology
- 99% of cases done under spinal anesthesia
- Avg LOS: TKA 1.1 days, THA 1.5 days
- 91% of patients discharged to home with outpatient PT

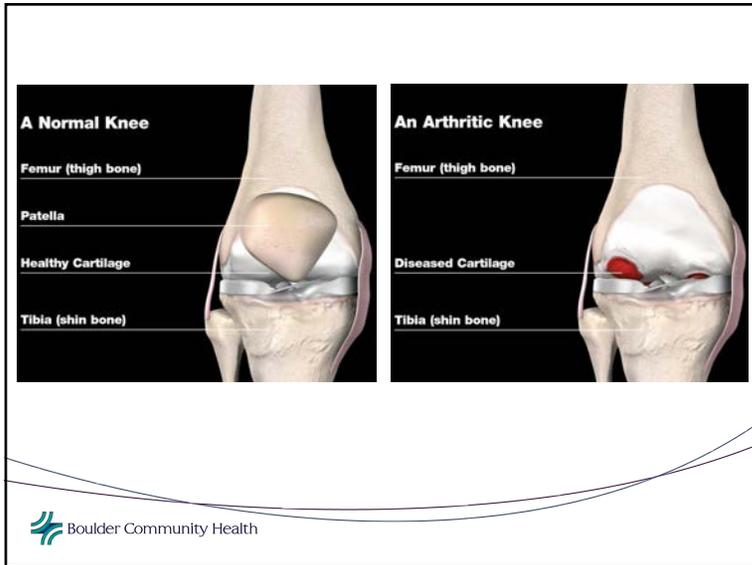


New Name, New Place



What is Arthritis?



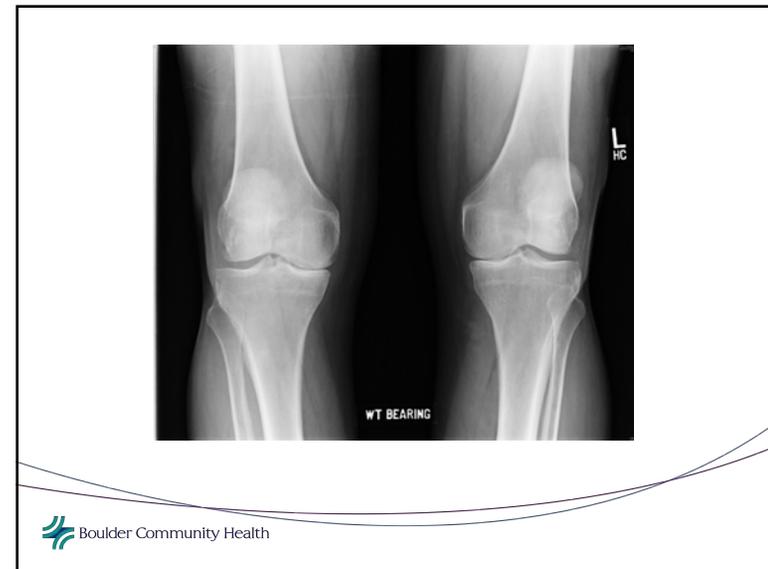


Osteoarthritis- Worn out articular cartilage

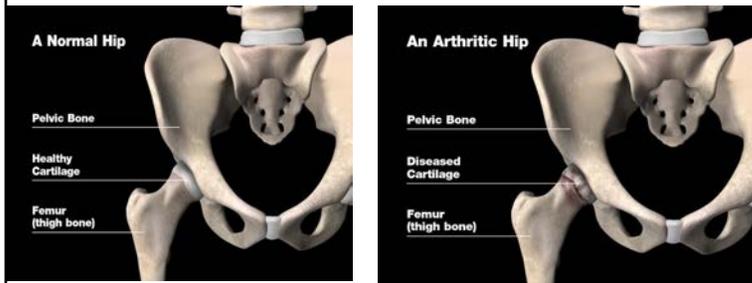
Inflammatory Arthritis- Systemic Process
ex: Rheumatoid, Psoriatic, etc.

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This text block defines two types of arthritis. Osteoarthritis is described as 'Worn out articular cartilage'. Inflammatory Arthritis is described as a 'Systemic Process' with examples including Rheumatoid and Psoriatic arthritis.



Hip Stages



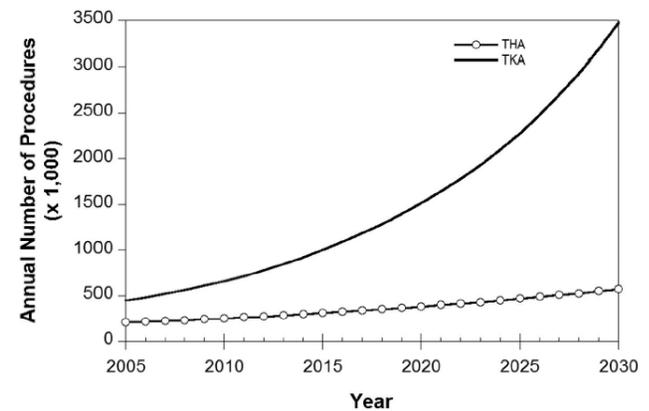
X-ray Showing Arthritis



Other Causes of “Hip Pain”

- Bursitis: Lateral/Side pain. Worse when you lay on that side
- Back pain: Can radiate down to hip and cause hip pain symptoms
- Hernia: Abdominal opening causing pain in the groin

Primary Hip and Knee Replacement Projection 2005-2030



Kurtz, S, Projections of Primary and Revision Hip and Knee Arthroplasty in the US 2005-2030, JBJS, 2007;89:780-785.

New Generation of Patients

Patients are getting both younger and older. They have different expectations.

- Want to maintain their quality of life and active lifestyles

Patients are often better informed today.

- Internet allows access to more information
- **BUT BEWARE THE INTERNET (and Stem Cells)**



How Can I Avoid/Delay a Joint Replacement?



Treatment Options for Knee and Hip Pain

- Rest, ice, and heat applications
- Medications for inflammation and pain
- Lifestyle modification
- Physical therapy
- Joint fluid supplements
- Knee arthroscopy
- Total joint replacement



AAOS Guidelines

Table. Nonsurgical Recommendations for Management of Knee OA		
Intervention	AAOS (Rating) ^a	VA/DoD (Grade) ^b
Weight loss	Recommended for patients with a BMI ≥ 25 kg/m ² (Moderate)	Recommended for patients with a BMI ≥ 25 kg/m ² with a goal of losing $\geq 5\%$ body weight (C)
Exercise/physical therapy	Self-management programs, strengthening, low-impact aerobic exercises, and neuromuscular education; engage in physical activity consistent with national guidelines (Strong)	Manual therapy (B) Aquatic therapy (C) Walking aids (E0)
Oral medications	Nonsteroidal anti-inflammatory drugs (NSAIDs) or tramadol (Strong) Unable to recommend for or against the use of acetaminophen, opioids, or pain patches (Inconclusive)	Acetaminophen (≤ 4 g daily) or oral NSAIDs are first-line therapy (B) Topical capsaicin may be considered as first-line or adjunctive therapy (C) Duloxetine or tramadol may be offered as an alternative/adjunct to oral NSAIDs (B) Non-tramadol opioids may be considered for patients with contraindications, inadequate response, or intolerable side effects with non-opioid therapies or tramadol (C)
Intra-articular injections	Unable to recommend for or against the use of intra-articular corticosteroids, growth factor injections, and/or platelet rich plasma (Inconclusive) Cannot recommend using hyaluronic acid (Strong)	Corticosteroid injection may be considered (C) Insufficient evidence to recommend for or against the use of intra-articular hyaluronate/hylan injection; however, it may be considered for patients with inadequate response to nonpharmacologic measures and an inadequate response to intolerable adverse events, or contraindications to other pharmacologic therapies (I)

RICE and NSAIDs

Rest, Ice, Compression,
Elevation

Ibuprofen, Aleve, Tylenol,
Celebrex

Topical compounds

Glucosamine



Activity Modification and Weight Loss

Avoiding high impact
activities, i.e., running,
jumping

Weight Loss: Goal BMI < 40



Joint Injections

Cortisone

Visco-supplementation

Platelet rich plasma (PRP)

Stem Cells



Visco-supplementation

“Chicken Shots”- Hyaluronic acid injections

**Covered by most insurance in knees
but not hips*



PRP: Platelet Rich Plasma

Injections of concentrated blood products to enhance healing

**Not covered by insurance, expensive*



The Promise of Stem Cells

Obtain stem cells, concentrate them and inject them into the joint to decrease inflammation and promote healing.

**Not covered by insurance, very expensive*



My Future?



The Dustbin of History

Stem Cell Results:

Regenexx-SD vs. knee and hip replacement?

Data Collection
 This data was collected by Regenexx network physician Mitch Shinkov, M.D. As an orthopaedic surgeon, he collected knee and hip replacement data in 2017. He also used the same methods to collect data on the Regenexx-SD procedure for knee and hip arthritis. Regenexx-SD is a minimally-invasive injection, the "AKA" of hip & knee separation.

Caution! This is a comparison trial, which is not the same as a drug company style-controlled trial.

How does a major surgery compare to an injection of stem cells?

What does this mean?
 The Harris Hip Score and the range of motion improved in both hip replacement and Regenexx-SD patients. Unlike hip replacement surgery, the Regenexx-SD patients had a significantly less invasive injection, the "AKA" of hip & knee separation.

What does this mean?
 The Knee Society Assessment Score and the Function Score improved in both knee replacement and Regenexx-SD patients. Regenexx-SD patients had a significantly less invasive injection, the "AKA" of hip & knee separation.

HIP

Group	Before	After
Hip Replacement	~60	~85
Regenexx-SD	~60	~85

KNEE

Group	Before	After
Knee Replacement	~60	~85
Regenexx-SD	~60	~85

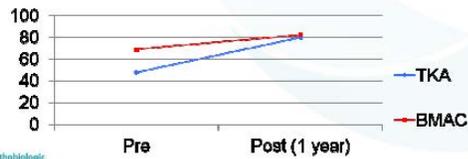
73% of Regenexx-SD hip patients returned to sporting activities!

Regenexx-SD
 The Regenexx-SD procedure is a minimally-invasive injection of concentrated stem cells that have the most stem cells.

Details: Hip & knee surgery performed in 2017, mean age of 62 years, mean BMI of 30. 28 Regenexx-SD procedures performed in 2017, mean age of 51 and BMI of 26. 24 THA patients were available for follow-up (12 years out), 28 Regenexx-SD patients were available at 1 year. Harris Hip Score advanced in both groups by the knee technique and dissection. Knee & hip knee surgery performed in 2017, mean age of 62 years, mean BMI of 30. 27 Regenexx-SD procedures performed in 2017, mean age of 52 years and a BMI of 27. At one year there were 71 THA and 36 Regenexx-SD patients available for follow-up. Knee Society Assessment Score and Knee Society Function Score advanced in both groups by the same technique and dissection.

Knee Society Assessment Score

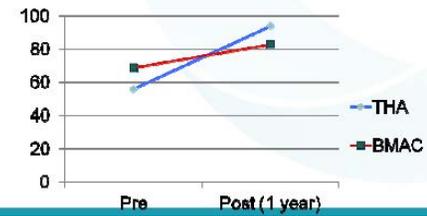
- **TKA**
 - Pre op 48
 - Post op 80
- **BMAC**
 - Pre op 69.08
 - Post op 82.44



TOBI The Orthobiologic Institute

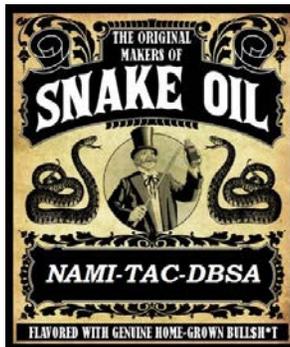
Mean Harris Hip Score

- **THA Preop** (101) 56
- **THA Post(24)** 94
- **BMAC Preop** (28) 68.75
- **Post BMAC** (18) 82.89



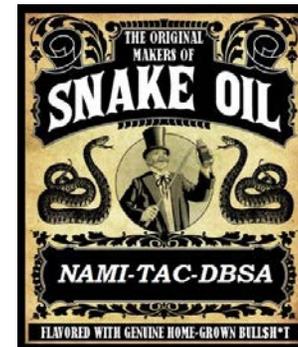
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Stem Cells = Snake Oil?



Boulder Community Health

STEM CELLS?



Boulder Community Health

Consequences of Delaying Surgery

- Surgery is a difficult decision
 - Duke Study: 88% pts decline Joint Replacement
- OA is a degenerative disease
- Better outcomes are reported in patients who had a total joint operation earlier in the disease process¹
- At 2 years post-operation, patients who chose surgery earlier in disease process vs. those who waited¹
 - Had improved function
 - Had reduced pain

1. Fortin PR, et al. *Arthritis Rheum.* 2002;46:3327-3330.

New Opportunities in Arthroplasty

- Improvements in hip and knee replacement materials
 - Success rates >90%¹
- Partial vs. total knee replacements
- Minimally invasive procedure techniques
- New designs

1. American Academy of Orthopaedic Surgeons. <http://orthoinfo.aaos.org/topic.cfm?topic=A00389>, accessed Dec. 15, 2010, and http://www.niams.nih.gov/Health_Info/Hip_Replacement/default.asp#8.

What is Makoplasty?



Computer Navigated, Robotic Arm Assisted



Early Arthritis

- Damage and pain isolated to one compartment of the knee, usually medial or lateral.



Early Arthritis

- Damage and pain isolated to one compartment of the knee, usually medial or lateral.



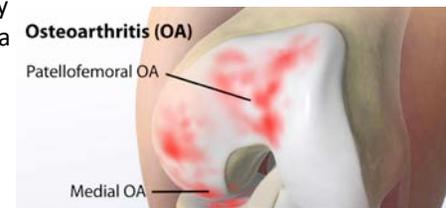
Early Arthritis

- Can also be isolated to the patella femoral joint.



Mid-stage Arthritis

- Occurs in 2 of the 3 compartments of the knee, most commonly the medial and patella femoral.



Mid-stage Arthritis

- Occurs in 2 of the 3 compartments of the knee, most commonly the medial and patella femoral.



Makoplasty Procedure

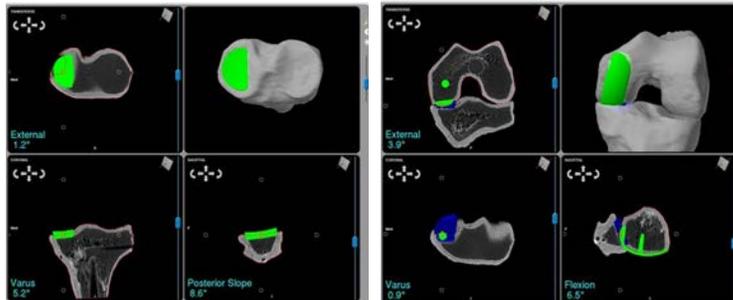
- The patient must have the correct indications for the procedure.
- A CT scan is then performed to make a 3D model of the patient's knee.



Makoplasty Procedure

The model is then used to plan for the placement of the components.

We are able to plan to 0.1 degrees and 0.1 mm.



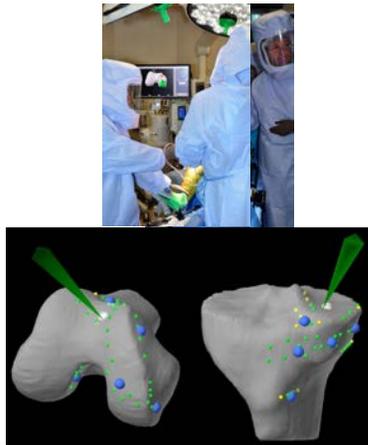
Robotic process (cont.)

- Then a pin is placed into the distal femur and proximal tibia for placement of tracking device.
- Center of hip is then found.



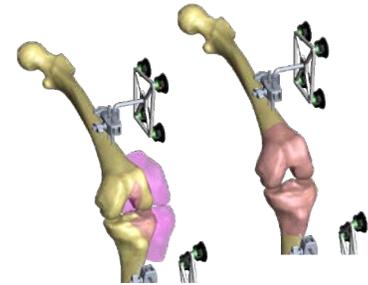
Surgical Technique

- Anatomic landmarks on the femur and tibia are used to calculate the position of the knee in space.
- This information is then combined with CT and pre-op plan.



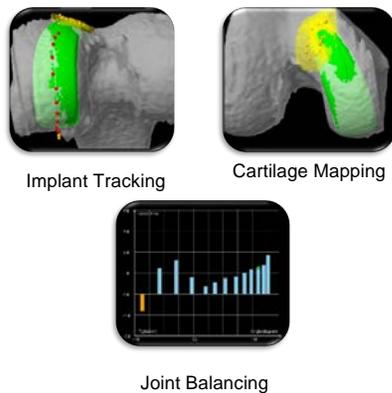
Surgical Technique

- Anatomic landmarks on the femur and tibia are used to calculate the position of the knee in space.
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Surgical Technique (cont.)

- After obtaining anatomic landmarks, evaluation of coronal and sagittal alignment, flexion and extension laxity and ROM can be measured.
- Infinitely personalized process.



Bone Preparation

- Done through a minimal incision to allow for less tissue damage.

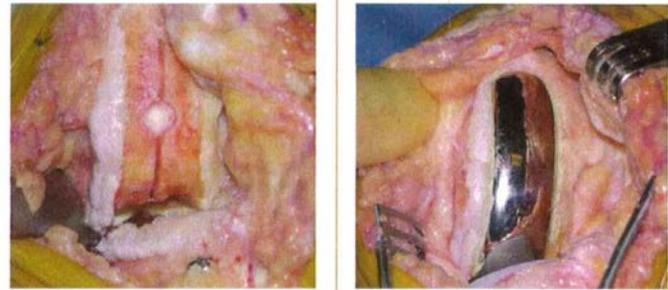


Surgical Technique (cont.)

- After finalizing operative plan, a high speed burr is used to make the femoral and tibial cuts.
- The haptic feedback increases and will not allow you to go outside of the planned resection.



Surgical Technique (cont.)



Clinical benefits

Pre-op

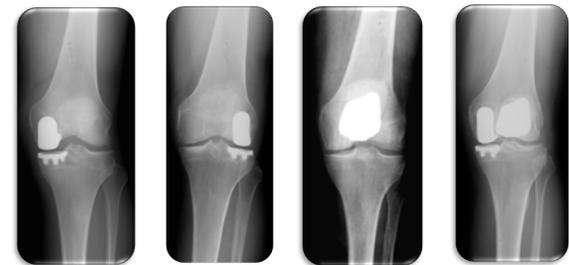


Post-op



Makoplasty

- Less invasive
- Accurate
- Reproducible
- Bone conserving



Mako Total Knee

Total Knee Joint Replacement

- End surface of femur replaced with metal
- End surface of tibia replaced with metal
- Plastic liner is inserted between femur and tibia
- Patella is resurfaced with plastic



A Normal Knee

Femur (thigh bone)

Patella

Healthy Cartilage

Tibia (shin bone)



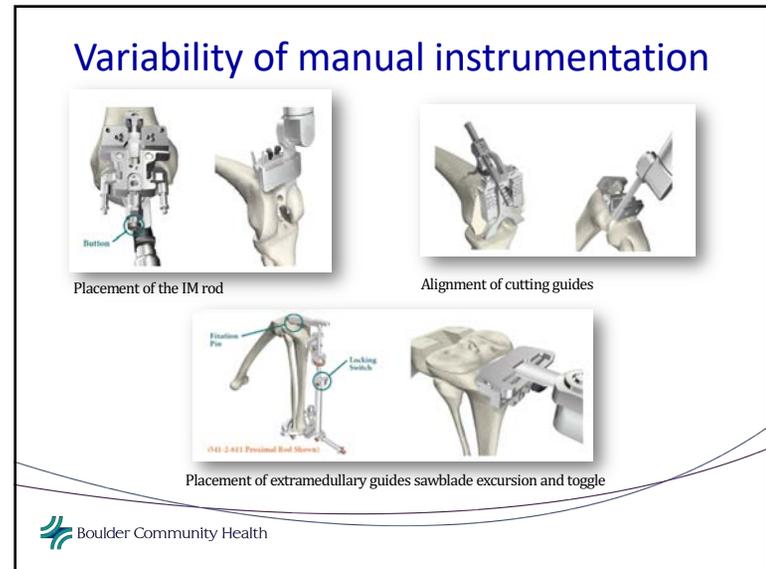
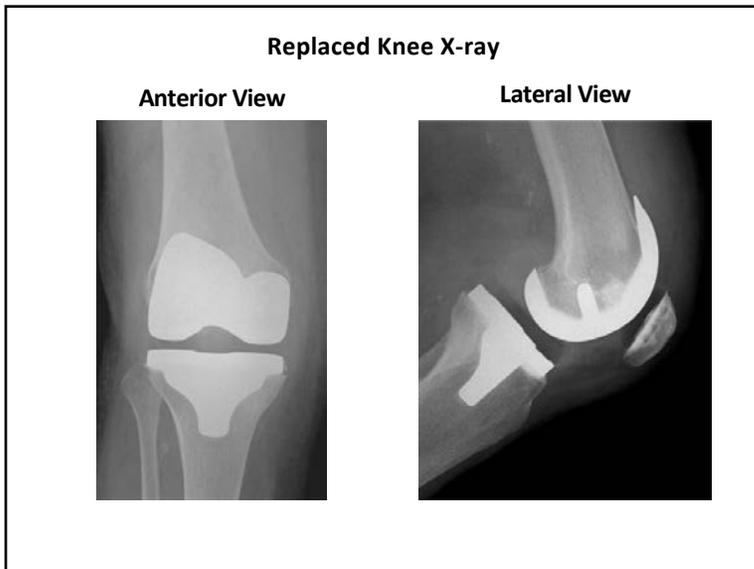
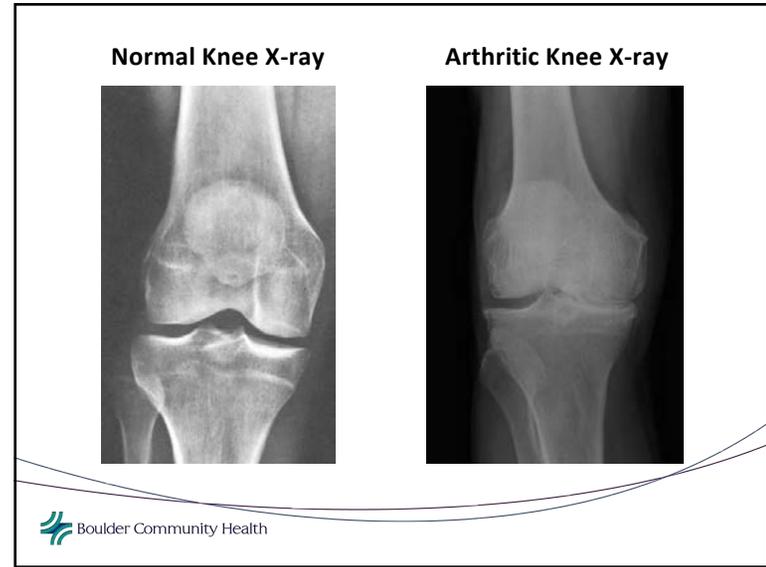
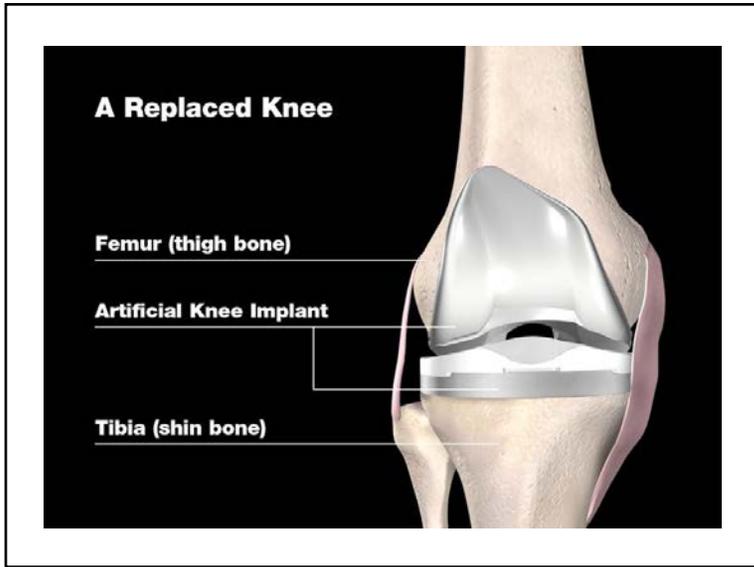
An Arthritic Knee

Femur (thigh bone)

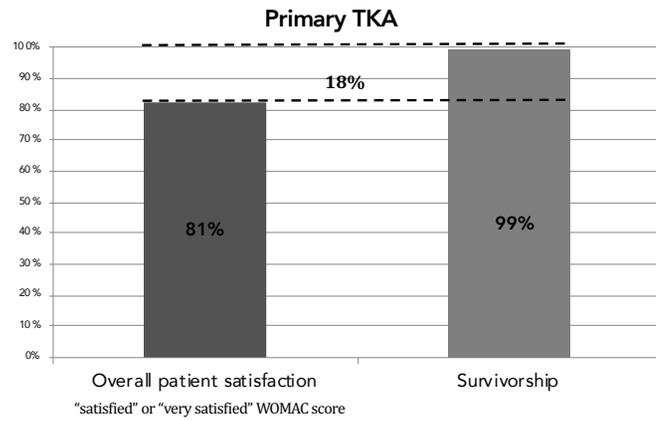
Diseased Cartilage

Tibia (shin bone)

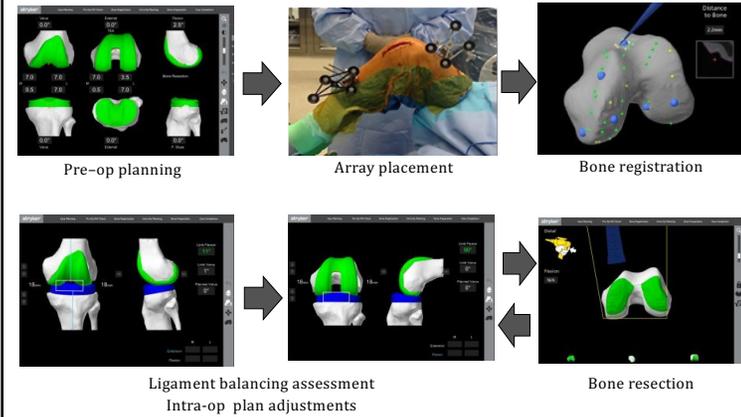




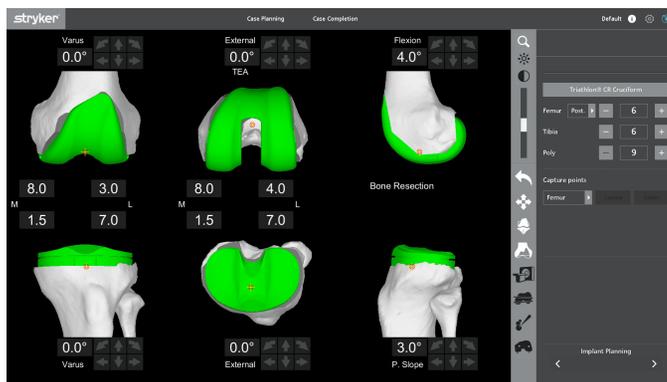
Bigger opportunity to move the needle



Mako Total Knee workflow



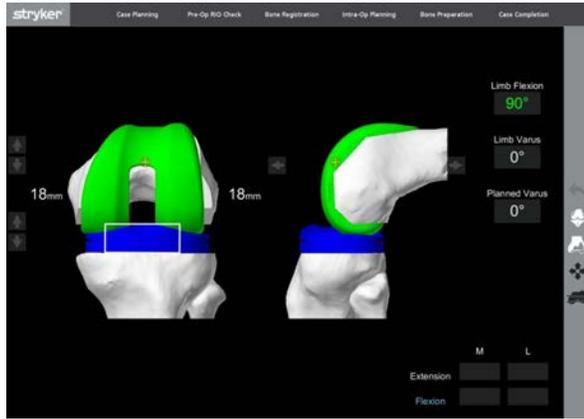
Preop Planning



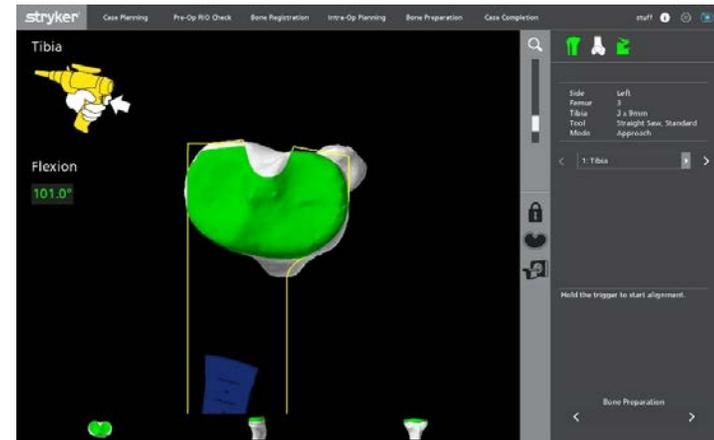
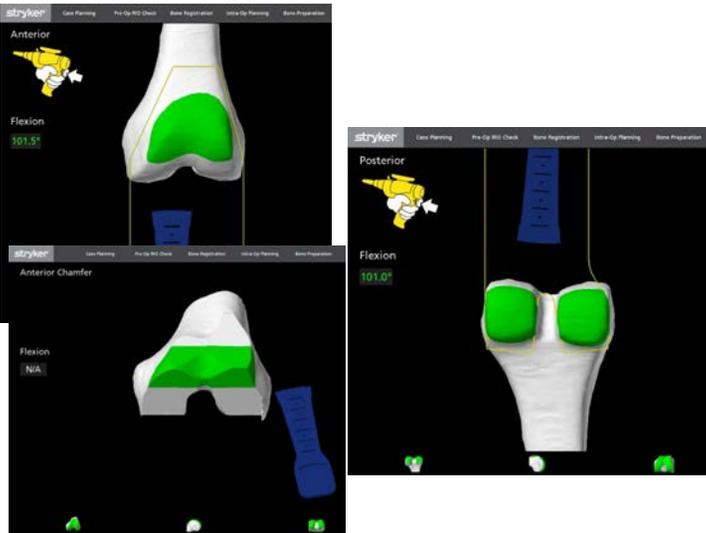
Dynamic pre-resection balancing



Joint Balancing



Distal Femur and Posterior Chamfer



Post-Operative Management

- Early ROM with PT
- Ambulation same day



Post-Operative Management

- Gait training POD1
- Stairs and PT instruction
- Possible outpatient



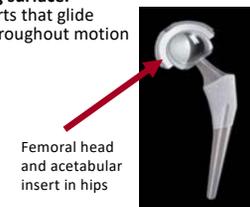
Update on Hip Arthroplasty



The Very Important Bearing Surface Hip Arthroplasty

- The bearing affects
 - Performance
 - Flexibility
 - Durability
 - Longevity
- Options for bearings in hip replacements
 - Ceramic-on-ceramic
 - Metal-on-plastic
 - Metal-on-metal
 - Ceramic-on-plastic

The bearing surface:
The two parts that glide together throughout motion





MIS Hip Replacement Direct Anterior Approach



What is the 'Direct Anterior Approach'?

- The direct anterior approach is a minimally invasive hip replacement technique that allows the surgeon good access to the hip without detaching any muscles or tendons.

Traditional vs. Direct Anterior Approach

Traditional Hip Replacement

- 8-12 inch incision
- Surgical approach - side (lateral) or back (posterior)
- Disturbance of the joint and connecting tissues

MIS with Direct Anterior Approach

- 4-5 inch incision
- Surgical approach – front (anterior)
- Muscles or tendons not detached

Why I Do The Direct Anterior Approach?



Why Direct Anterior?



- Hip closer to the front of the body
- Surgical anatomy
- Doesn't detach any major muscles
- Minimal risk to nerves
- Truly MIS



Why Direct Anterior?



- Less pain
- Quicker restoration of function
- Shorter hospital stay
- Probably more economical



Direct Anterior Hip Replacement



Why?

- Ideal soft tissue interval
- Ease of patient position
- Simple socket instrumentation



Direct Anterior Hip Replacement



Why Not?

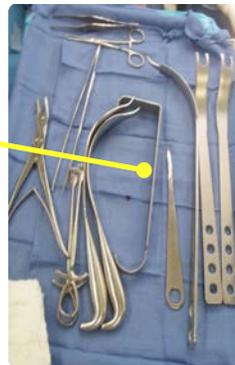
- Unfamiliar territory
- Femoral exposure is difficult
- Specialized equipment

How it's done

Special Instruments



Retractors



Special Equipment



Lighting

Arch table



Typical Precautions: Traditional vs. Direct Anterior

Traditional Hip Replacement

- Do not cross legs
- Do not bend hip more than a right angle
- Do not turn feet excessively inward or outward
- Use a pillow between your legs when sleeping

Direct Anterior Approach

- Under doctor's supervision, may be immediately allowed to move their hips
- May potentially avoid restrictions associated with traditional hip replacement¹

1. <http://www.anteriorhip.org/anterior-hip-replacement.html>, accessed Nov 2010.

Potential Benefits of MIS with Direct Anterior Approach

- Decreased hospital stay and quicker rehabilitation.²
- Smaller incision and reduced muscle disruption may allow patients a shorter recovery time and less scarring.¹
- Potential for less blood loss, less time in surgery, and reduced post-operative pain.^{1,3,4}
- Risk of dislocation reduced.²
- May allow for a more natural return to function and activity.^{1,3}

1. Wenz, J, Gurkan, I., Jibodh, S., "Mini-Incision Total Hip Arthroplasty: A Comparative Assessment of Peri-operative Outcomes," Orthopedics Magazine, 2002.

2. www.anteriorhip.org/anterior-hip-replacement.html, accessed Nov 2010.

3. Keggi, Kristaps, I., "Total Hip Arthroplasty Through a Minimally Invasive Anterior Surgical Approach," JBJS, Vol. 85-A, 2003.

4. Saeng-U-Varis, L., Makings, G.A., "Rehabilitation after Minimally Invasive Surgery," Hozack, W., Krimer, M., Nogler, M., Bonutti, P., Rachbauer, F., Schaffer, J., Donnelly, W., ed. Minimally Invasive Total Joint Arthroplasty. New York, NY: Springer-Verlag; 2004: 2-5.

Advantages of Direct Anterior

- MIS approach is better for patients
- No Hip precautions
- Improved control over component position



The Use of Technology in Hip Replacement

Why Navigation?

- Increased level of precision
- Confidence in component position
- Recovery room film is too late for changes
- Optimize surgical results

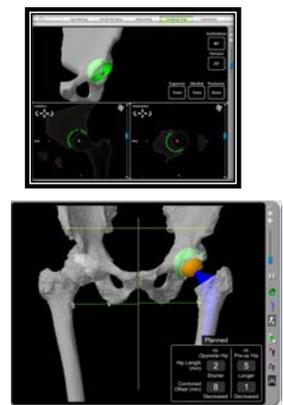


rTHA- Better Plan

mTHA- Plain x-ray



rTHA- 3D CT

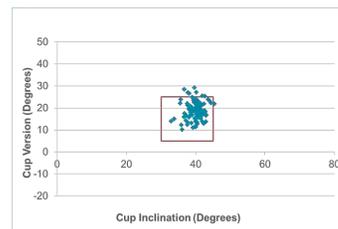
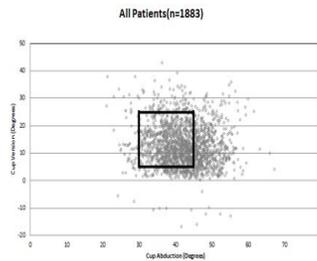


rTHA vs. mTHA: Multicenter Study

MGH, University of Wisconsin, HSS (Malchau, Padgett, Douchis, Illgen, Marchand)

Manual THA : N= 1883
47% inside target zone

Robotic THA: N=119
96% inside target Zone
95% within 4 degrees of plan



1. The John Chamley Award: Risk factors for cup malpositioning: Quality improvement through a joint registry at a tertiary hospital. Clin Orthop Relat Res. 2011 Feb;469(2):319-29.

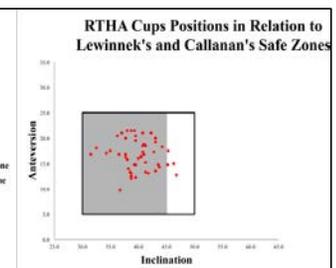
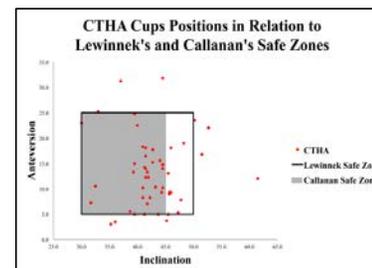
rTHA vs mTHA: Single Surgeon Data

A Matched-Pair Study- Dr. Domb – Hinsdale, IL CORR 2013

- rTHA (N=50) vs. mTHA (N=50), X-ray analysis (HAS)
- rTHA vs. mTHA- 100% vs. 80% in Lewinnek "Safe Zone"

Conventional THA

Robotic assisted THA



Technique with Technology

Surgical goals of hip replacement

- Pain relief
- Restoration of function/lifestyle
- Optimize patient outcomes
- Economics

DA THA

- Provide early and exceptional analgesia
- Low trauma surgery
- Early discharge and rapid rehab

Prevent the Bad Effects

- Pre-emptive analgesia
 - Celebrex
 - Spinal Anesthesia
- Pre-emptive anti nausea
 - Pepcid

Operative Management



- IV sedation
- Capsular injection

Post-Operative Management



- Gait training POD1
- Stairs and PT instruction
- Ideally same day ambulation

10,000 Miles in 18 mos after THA



Summary

- rTHA more accurate than mTHA- multiple studies
- Improved accuracy with rTHA correlated with improved clinical outcomes at 1 year
 - Lower dislocation rate
 - Less LLD
 - Less blood loss
 - Excellent PROM
 - Better HHS and UCLA activity scores than mTHA
- Robotic assisted THA:
 - Longer OR time than mTHA, no infections
 - Cost benefit analysis requires further study



Risks of Surgery

Including but not limited to:

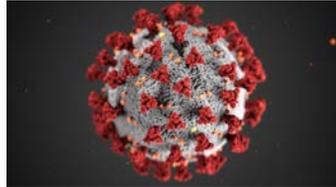
- Bleeding
- Infection
- Damage to nerves and vessels
- Blood clots (DVT)
- Blood clots in lungs (PE)

And rare things like:

- Stroke
- Heart attack and
- Death

Current Limitations

- Elective Surgery is on hold until 4/26.
- Plan to reopen elective cases, joint replacement, as soon as we safely can.



Questions?



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