



ORTHOPAEDIC
health group

WELCOME TO OUR WINTER EDITION!

FROM MR JUSTIN LADE

Volume 1 / Issue 2

Thank you to all of our GP's, Physiotherapists & other Allied Health Professionals who are continuing to support us!



Welcome to our second newsletter. It has certainly been a busy few months with getting out and about meeting everyone and as such, I would like to take this opportunity to thank you all for taking the time out of your busy schedules to facilitate these meetings.

It is a pleasure to be writing to you again bringing you up to date with the latest topics concerning orthopaedic patient care.

Arthroplasty Society of Australia (ASA) "Statement on Surgical approaches to the hip for Hip Arthroplasty"

A working group of the ASA has met to discuss the advantages of the different surgical approaches to total hip replacement (THR) surgery.

The working group was selected to represent a broad cross section of orthopaedic surgeons, familiar with & utilising the differing surgical approaches.

Technical, practical and patient outcome factors were discussed & supportive literature offered. The working group made the following conclusions:

(I) There are multiple ways to approach a hip joint: none are "new"

(II) Surgical approach has little influence on results

(III) There is no scientific evidence that endorses one surgical approach over the other

(IV) Surgeons should tell their patients which works best in their hands but should not claim an advantage over approaches used by other surgeons.

http://www.orthocentre.com.au/media/Arthroplasty_THR_public.pdf - accessed 1st June 2015

What's making news

- 2015 Arthroplasty Society of Australia ASM update
- Update on the ongoing debate regarding the role of Arthroscopy in the management of knee pain
- EOS Imaging
- PSI vs. conventional vs. computer navigation implants
- PRP injections and other non conventional medications for the treatment of Arthritis

AOA Arthroplasty Society of Australia update

The 2015 Arthroplasty Society of Australia ASM was recently held in Noosa and was well attended by many of Australia's leading Hip and Knee Orthopaedic Surgeons. Robust discussions were had on many topics including:

- Late dislocations after primary total hip arthroplasty
- Total Knee replacements with or without patella resurfacing
- Types of prosthesis used in TJR and the ANJRR figures
- Patient specific implants vs. conventional and computer assisted navigation

Non traditional methods of managing Arthritic pain or chronic tendon injuries

Over the past several years, there has been much written about non conventional medications used in an effort to manage Arthritic joint pain or chronic tendon injuries. However, there has been little Level 1 evidence to suggest that these treatments work. These treatments include:

- PRP injections (Platelet-Rich Plasma)
- Synvisc or Durolane injections
- Chondroitin / Glucosamine; and
- The latest being Poly-Pill as shown on Current Affair April 2015.

Research studies are being conducted to evaluate the effectiveness of these treatments, however results thus far are inconclusive due to the variable nature of Arthritis. Non conventional methods are NOT a cure-all and may best be used in combination with non surgical treatments including weight loss and / or regular exercise. Patients should check with their health fund / TAC or Workcover prior to considering treatment as many do not cover these therapies fully or even partially. As such, patients can be left significantly out of pocket.

(<http://www.arthritis-health.com/treatment>) accessed 25th May 2015



AOA

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The ongoing role of Knee Arthroscopy

The role of arthroscopic debridement in the setting of OA was discussed at length at the AOA conference in October 2014. There is much debate surrounding this procedure at present. The general belief is that in the setting of mechanical symptoms i.e. catching, locking, swelling and clicking, arthroscopy can certainly be beneficial and therapeutic.

The decision to proceed with an arthroscopic debridement needs to be made following a thorough medical examination and review of the patient's clinical findings and lifestyle.

Patient specific implants vs. conventional & computer assisted navigation

Most total knee arthroplasties (TKAs) for end-stage knee arthritis are successfully performed using standard instruments, according to the AAOS 2015. However, according to the Journal of the American Academy of Orthopaedic Surgeons (JJAOS), additional data are needed before widespread use of these instruments can be recommended.

Bottom line:

- Patient-specific instrumentation (PSI) claims to reduce the risk of implant malpositioning, increase alignment accuracy, & improve patient outcomes
- However, literature review found little data to support these claims
- Because additional preoperative imaging is required & instruments are custom-made, using PSI for TKA delays time to surgery & substantially increases patient costs
- Although PSI may be useful in complex cases, additional research is necessary to justify routine use.

(<http://www.aaos.org/news/aaosnow/oct13/cover2.asp>) - accessed 1st June 2015