



When Athletes Need Joint Replacements

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Overview

Pain

Lifestyle

Failed treatment

Who is at an increased risk?

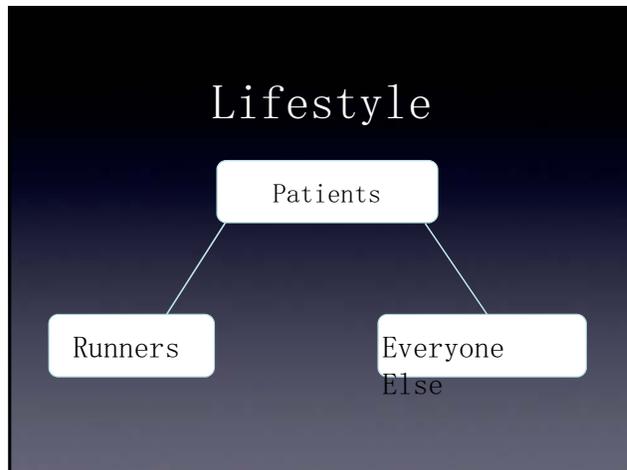
Who has a lower risk?

What are joint replacements?

What Can I do with a replaced joint?

Pain is the main reason for joint replacements!

Pain



Lifestyle

- I can't becomes a daily part of vocabulary

NSAIDs
Physical Therapy
Activity Modification
Bracing
Arthroscopy
Time

Failed Treatment

Football
Soccer
Basketball
Gymnastics

Injuries bring higher risk in general

Who is at Increased Risk?

Runners
Cyclist
Swimmers

Active but lower impact or risk for injury is lower

Who is at decreased Risk?

What are Joint Replacements?

- Knee
- Hip

Distal femoral Replacing Total Knee



Partial Knee Replacement

Resurfacing of one compartment in the Knee
Usually Medially, can be Lateral or Patellofemoral
What does it look like?





Total Knee Replacement
Resurfacing of the Distal Femur and Proximal Tibia
Patella optional but mostly resurfaced in U.S.



Hip Replacement

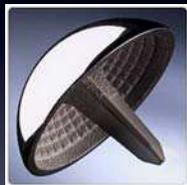
Hemiarthroplasty
Total hip arthroplasty
Head resurfacing

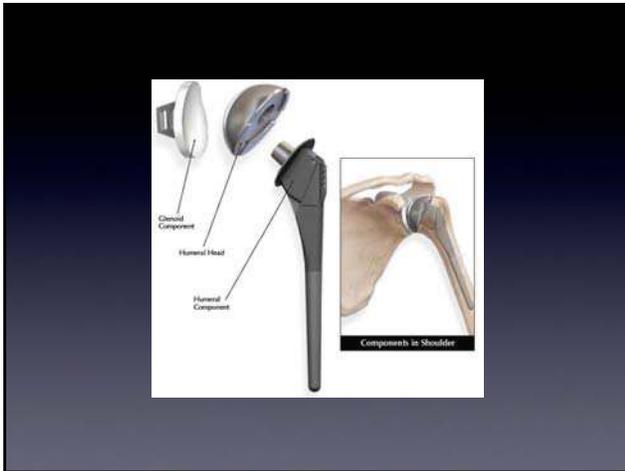




Shoulder replacements

Head resurface
Hemiarthroplasty
Total shoulder
Reverse total shoulder





Athletic Activity After Total Joint
Replacement
JBJS 2008

What Can I Do?

Activity After Joint
Replacements

Arthritis is limiting and people eager for
alternative

Activity After Joint Replacements

Health Benefits
Fitness, decreased anxiety, decreased depression,
reduced mortality
Improved cardiac health

Activity After Joint Replacements

Joint Replacements decrease activity as whole
Age is relative factor for activity level after
replacement
Partial knee Hip replacements tend to have higher

Activity After Joint Replacements

Tennis and Golf were studied in particular
Both had good results with full return to play
after total joint replacements

What are the Recommendations?

- Trend toward more activity

TABLE B Results of the Knee Society Survey^{1,2}

	Allowed		Allowed with Experience		No Consensus		Not Recommended	
	1999	2005	1999	2005	1999	2005	1999	2005
	✓	✓	✓	✓	✓	✓	✓	✓
Rowing	✓	✓	Canoeing	✓	Square dancing	✓	Baseball	✓
Stationary cycling	✓	✓	Road cycling	✓	Fencing	✓	Basketball	✓
Ballroom dancing	✓	✓	Hiking	✓	Roller skating	✓	Football	✓
Golf	✓	✓	Rowing	✓	Downhill skiing	✓	Gymnastics	✓
Horseback riding	✓	✓	Ice skating	✓	Weight lifting	✓	Handball	✓
Shuffleboard	✓	✓	Cross-country skiing	✓	Baseball	✓	Hockey	✓
Swimming	✓	✓	Stationary skiing	✓	Gymnastics	✓	Juggling	✓
Normal walking	✓	✓	Doubles tennis	✓	Handball	✓	Rock climbing	✓
Canoeing	✓	✓	Speed walking	✓	Hockey	✓	Soccer	✓
Road cycling	✓	✓	Weight Machine	✓	Rock climbing	✓	Squash/racquetball	✓
Square dancing	✓	✓	Horseback riding	✓	Squash/racquetball	✓	Singles tennis	✓
Hiking	✓	✓	Downhill skiing	✓	Singles tennis	✓	Volleyball	✓
Speed walking	✓	✓			Weight machine	✓		

*This table is constructed to accurately compare the 1999 and 2005 Knee Society surveys. The 1999 survey asked about croquet (allowed), horseshoes (allowed), shooting (allowed), and lacrosse (not recommended), which were not included in the 2005 survey. The 1999 survey asked about high impact aerobics (not recommended) and low-impact aerobics (allowed with experience). The 2005 survey combined these activities and asked about aerobics (allowed with experience). The 2005 survey asked about yoga (allowed with experience), which was not included in the 1999 survey.

TABLE I Results of the Hip Society Survey^{1,2}

	Allowed		Allowed with Experience		No Consensus		Not Recommended	
	1999	2005	1999	2005	1999	2005	1999	2005
	✓	✓	✓	✓	✓	✓	✓	✓
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Ballroom dancing	✓	✓	Canoeing	✓	Fencing	✓	Basketball	✓
Golf	✓	✓	Road cycling	✓	Rowing	✓	Football	✓
Shuffleboard	✓	✓	Hiking	✓	Ice skating	✓	Gymnastics	✓
Swimming	✓	✓	Horseback riding	✓	Roller skating	✓	Handball	✓
Doubles tennis	✓	✓	Cross-country skiing	✓	Downhill skiing	✓	Hockey	✓
Normal walking	✓	✓	Rowing	✓	Stationary skiing	✓	Juggling	✓
Canoeing	✓	✓	Ice skating	✓	Speed walking	✓	Rock climbing	✓
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Square dancing	✓	✓	Downhill skiing	✓	Weight machine	✓	Squash/racquetball	✓
Hiking	✓	✓	Stationary skiing	✓	Baseball	✓	Singles tennis	✓
Speed walking	✓	✓	Doubles tennis	✓	Gymnastics	✓	Volleyball	✓
			Weight lifting	✓	Handball	✓		
			Weight machine	✓	Hockey	✓		
					Rock climbing	✓		
					Squash/racquetball	✓		
					Singles tennis	✓		
					Volleyball	✓		

*This table is constructed to accurately compare the 1999 and 2005 Hip Society surveys. The 1999 survey asked about croquet (allowed), horseshoes (allowed), shooting (allowed), and lacrosse (not recommended), which were not included in the 2005 survey. The 1999 survey asked about high-impact aerobics (not recommended) and low-impact aerobics (allowed with experience). The 2005 survey combined these activities and asked about aerobics (allowed with experience). The 2005 survey asked about yoga (allowed with experience), which was not included in the 1999 survey.

Bottom Line

- No Consensus on how much is allowed!
- Personal decision and discussion with

Thanks !!



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