

Preservation measures better than knee surgery

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Hyderabad: People suffering from knee injuries can opt for preventive preservation measures rather than knee replacement, doctors said. This was especially true of younger patients like athletes, fitness enthusiasts and those who have sustained injuries. Preservation techniques are being recommended for those below 55 years of age as it has been found that knee replacement implants last for 10 years, necessitating another replacement thereafter.

Dr Raghuvver Reddy K., shoulder and knee surgeon at Sai Institute of Sports Injury and Arthroscopy, explained, "Preserving and prolonging the knee is being emphasised in younger patients who come with arthritis or sports-related problems so that they can lead an active life." Evolving technology had made knee preservation surgical techniques available. "A knee replacement implant will last for 10 years and after that there will be a requirement to replace the implant. To avoid this condition these new preservation methods are being insisted upon," Dr Reddy said.

Experts state that doctors need to know about these new techniques. Early stage arthritis, when diagnosed, can also be healed with the new preservation techniques if identified as critical. Cartilage implantation by using stem cells from the body has been tried on young athletes facing severe knee problems, under the guidance of the Indian Council for Medical Research.