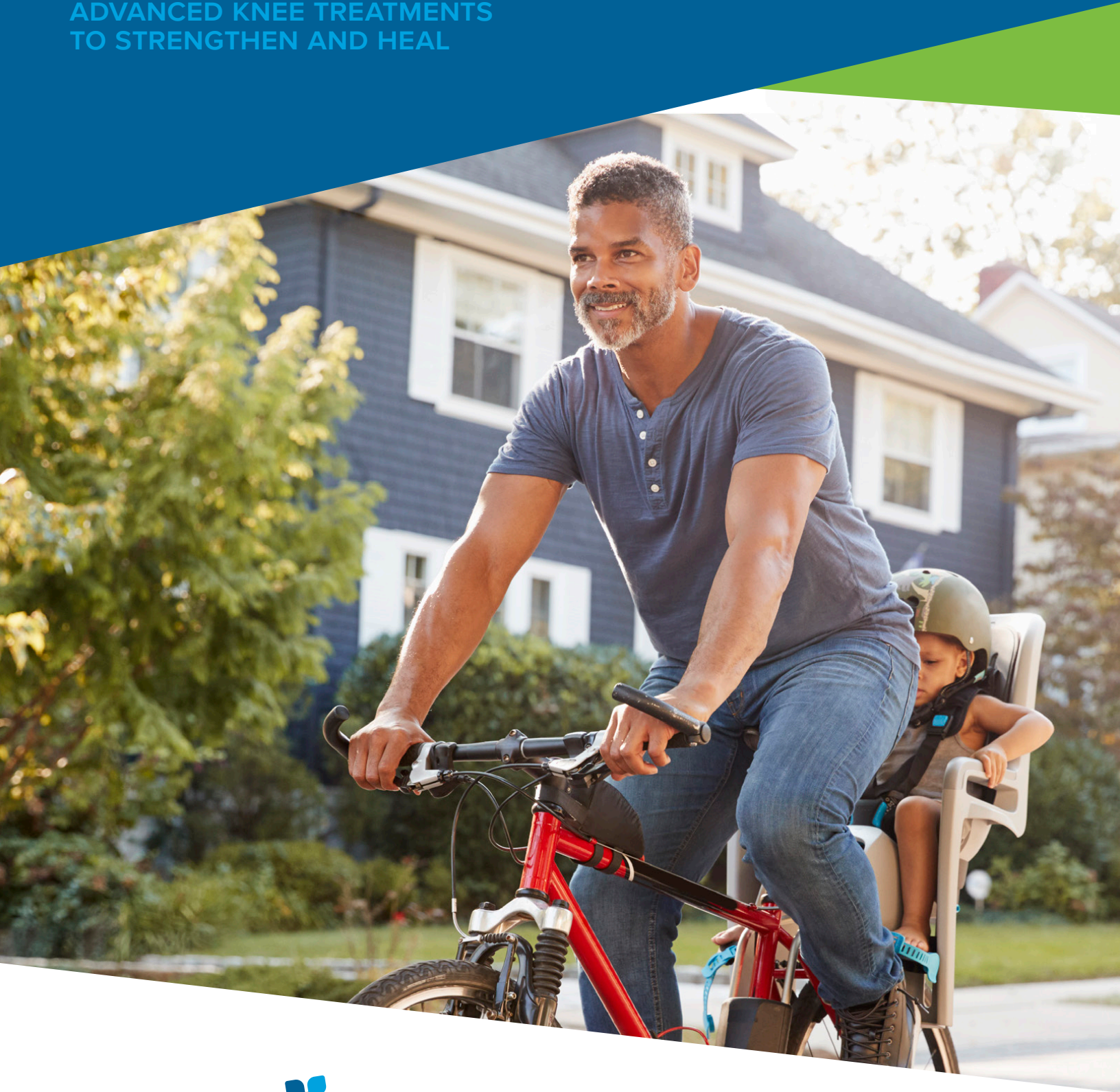


# Take a step toward feeling whole again.

ADVANCED KNEE TREATMENTS  
TO STRENGTHEN AND HEAL



  
**Advent Health**

## Overcoming pain and injury.

When you're experiencing knee problems and can't do the things you love, your whole health suffers. Discomfort and limitations can make you feel like you'll never be yourself again — but there's hope. If a fracture, sprained or torn ligament, or tendinitis is interfering with your everyday activities, it's time to seek advanced care from experts you can trust. AdventHealth's nationally recognized orthopedic specialists are dedicated to enhancing your mobility and helping improve your quality of life.

## Treating chronic osteoarthritis.

If you've been living with years of increasing pain and decreasing mobility, you're likely experiencing degenerative osteoarthritis. As the soft cartilage between your bones wears away, you may feel weakness, instability, soreness and stiffness in your knee joints. Whether your arthritis is caused by your age, lifestyle, previous injuries or simply genetics, we're here to help identify and treat your unique challenges.



# Intervention for joint issues.

## **KNEE REPAIR AND REPLACEMENT**

Joint replacement and resurfacing are some of the most consistently successful operations in orthopedic surgery. Overall patient satisfaction, including pain relief and improved mobility, is extremely high. The type of reconstructive procedure we can help you choose depends on many factors, including your general health, age, weight, desires, expectations, mental and physical state, and the condition of your knee joint and its supporting structures.



## Total knee replacement by expert surgeons.

Knee replacements are designed to decrease pain and restore function to joints that have been damaged by osteoarthritis, rheumatoid arthritis, trauma or other degenerative conditions. They're recommended when conservative measures such as weight loss, decreased activity, medication and injections no longer provide relief, or when pain in the knee becomes so severe it interferes with routine activities of daily living. If you need a total knee replacement, your surgeon will make an incision on the front of your knee. The damaged knee joint will be resurfaced by capping the lower end of the thigh bone (femur) with metal, and the upper end of the lower leg bone (tibia) with metal and plastic. A plastic button will also be used to resurface the underside of the kneecap (patella). These parts come in different sizes to best fit each patient and are shaped very similarly to the normal joint surfaces they replace. We also offer Mako™ robotic-arm assisted knee replacement surgery at some of our locations.

## Partial knee replacement by expert surgeons.

Partial knee replacement (also called unicompartmental knee replacement) means only a portion of your knee is resurfaced. This may be a treatment option if your osteoarthritis is limited to one compartment of the knee.

During a partial knee replacement, your surgeon makes an incision on the front of your

knee. The lower end of the thigh bone (femur) is resurfaced and the upper end of the lower leg bone (tibia) has metal and plastic coverings replaced on only one side. Your doctor may examine the knee joint during surgery and if more damage is found than expected, a total knee replacement is done.

## Cutting-edge Mako™ partial and total knee replacement.

If you have early- to mid-stage osteoarthritis in one or two compartments of the knee, some of our hospitals offer Mako™ partial knee replacement, a revolutionary treatment option that can have you walking the same day as surgery and back to your regular activities within a week. It is designed to relieve the pain caused by joint degeneration without the need for an implant or full knee replacement. Mako technology provides your surgeon with a unique 3D model to help pre-plan your knee replacement. During surgery, your surgeon guides the robotic arm based on your patient-specific plan. He or she will be able to focus on removing diseased bone, preserving healthy bone and soft tissue, and positioning the implant based on your anatomy.



## Strengthen and stabilize with physical therapy.

Physical therapy is often used to help those with musculoskeletal injuries restore or improve their functional ability, overcome pain and prevent further injury. Based on your individual needs, your physician may prescribe physical therapy before surgery (to strengthen muscles and make recovery easier), as a follow-up to surgery (to help regain movement and flexibility), or a combination of both. This non-invasive treatment may even eliminate the need for surgery in some cases.



## Feel prepared with pre-op education. **YOUR PARTNER ON THE JOURNEY**

We want to take the mystery out of joint replacement surgery and recovery by teaching you and your family what to expect before you're admitted to the hospital. A few weeks prior to surgery, an informational class may be scheduled that will allow you to ask questions about your upcoming procedure. Learning about pre- and post-op care helps our patients play an active role in their recovery and have better outcomes.

During this class, you may be taught range of motion and strengthening exercises as well as safe movement techniques for activities like climbing stairs, bathing, dressing and more. After your procedure, your doctor will explain how to care for your incision as it heals, as well as what physical therapy, medications and/or lifestyle changes are needed going forward. Our orthopedic team will guide you from the joint replacement surgery class all the way through to returning home and postoperative follow-up.





## Find us nearby. **OUR CONNECTED NETWORK OF CARE**

**AdventHealth DeLand**  
701 West Plymouth Avenue  
DeLand, FL 32720

**AdventHealth Fish Memorial**  
1055 Saxon Boulevard  
Orange City, FL 32763

**AdventHealth Palm Coast**  
60 Memorial Medical Parkway  
Palm Coast, FL 32164

**AdventHealth Daytona Beach**  
301 Memorial Medical Parkway  
Daytona Beach, FL 32117

**AdventHealth New Smyrna Beach**  
401 Palmetto Street  
New Smyrna, FL 32168



## Get started on the path to recovery.

If you've suffered a knee injury, were diagnosed with osteoarthritis or have been experiencing pain, weakness or instability in your joints, we want to get you the help you need. Please give us a call at 866-923-5295 to learn more about treatment options and see how we can bring your knee back to health.

### Let's talk in person.

For more information about knee surgery and other treatment options at AdventHealth, or to make an appointment, call 866-923-5295.

This guide is provided to the general public to disseminate health-related information. The information is not intended to be used for diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment and/or adopting any exercise program or dietary guidelines.