Arthritis pain and stiffness can affect every aspect of your life. In fact, it is the leading cause of disability in young people and aging adults alike.

And while there are many different types of arthritis, there is one place that offers leading-edge treatment for conditions from mild to severe.

At Methodist Sports Medicine we offer personal, individualized, expert care. The finest fellowship-trained hip and knee replacement surgeons in the country can provide the full spectrum of care; optimizing function through non-operative methods, and when appropriate, joint replacement procedures from minimally invasive rapid recovery procedures, to complex revision reconstruction of the hip and knee.

You no longer have to suffer the debilitating effects of arthritis. Schedule an appointment today, and let our team help get you moving again.
Injuries/Conditions

Overall, one in four people will suffer from arthritis in their lifetime, and the prevalence is higher as we age. Women are more likely to develop more severe arthritis and at a younger age than men, and obesity doubles the risk of knee arthritis.

There are two main types of arthritis. The most common type is called osteoarthritis. The other type is called inflammatory arthritis – the most common of which is rheumatoid arthritis.

Osteoarthritis itself has many causes, which include prior injury or trauma to the joint, childhood joint malformations or diseases, osteonecrosis (dead bone) or even genetics.

Inflammatory arthritis is typically caused by an immune system abnormality where it attacks its own bodily tissues, including the joints.

Common symptoms of arthritis of the hip or knee include:

/ Morning stiffness greater than 30 minutes
/ Pain in the affected joint
/ Radiating pain down the leg
/ Trouble with stairs, getting in and out of cars, putting on shoes and socks
/ Locking, catching or giving way
/ Swelling of the joint
/ Loss of motion of the joint
/ Night pain in more advanced cases

If you suffer from any of the above symptoms, visit our joint replacement and hip specialists. A detailed history, thorough physical exam, and diagnostic imaging such as X-rays or an MRI are usually all that are needed to diagnose arthritis.

Prevention

Maintenance of a healthy body weight can reduce your risk of arthritis, not to mention other more life-threatening diseases such as heart disease and diabetes.

Eliminating unhealthy diet habits and adding low impact exercises to your daily life can also help reduce your risk.

Treatments

Although there is not yet a cure for arthritis, there are many non-surgical and surgical options to treat the disease. These include:

/ Rest and/or activity modification
/ Heat and cold therapy
/ Stretching and strengthening of the muscles around the joints affected through physical therapy to avoid/treat stiffness associated with arthritis
/ Anti-inflammatory medications
/ Bracing
/ Steroid injections
/ Viscosupplementation injections
/ Joint replacement surgery
/ Direct anterior approach to hip replacement
/ Anterior total hip replacement
/ Outpatient hip replacement
/ Computer-assisted knee replacement
/ Partial knee replacement
/ Patellofemoral knee replacement

If you find that the pain prevents you from doing the activities you enjoy most, and medical treatments have failed to adequately relieve your pain, it may be time to see one of our orthopedic surgeons.

For more information, call Methodist Sports Medicine at 317.817.1200 or visit methodistsports.com.