

# Keck Medicine of USC

BEYOND EXCEPTIONAL MEDICINE™



## USC JOINT PRESERVATION AND REPLACEMENT CENTER

The USC Joint Preservation and Replacement Center, part of Keck Medicine of USC, offers world-class expertise and highly specialized care for the preservation and replacement of the hip, knee, shoulder and ankle, as well as treatment to preserve and repair existing cartilage.

The orthopaedic surgeons at Keck Medicine of USC have extensive experience in joint preservation and replacement, and the center focuses on providing the highest level of care — from diagnosis through rehabilitation — to patients with conditions such as osteoarthritis, inflammatory arthritis, osteonecrosis and hip impingement. By using the latest advances in surgical techniques and technology, Keck Medicine provides many patients with the option of minimally invasive surgical procedures that can significantly reduce recovery time and discomfort.

The USC Joint Preservation and Replacement Center is ranked among the top specialty health care providers in orthopaedics by U.S. News and World Report, and is designated a Blue Distinction Specialty Care center in recognition of our expertise in hip and knee replacement surgery by Blue Cross Blue Shield.

## ABOUT JOINT REPLACEMENT

Joint replacement is the replacement of the worn or damaged joint with a new metal or ceramic surface against plastic. In the knee, the operation puts a new surface on the knee. In the hip, the metal stem in the femur and the metal shell in the pelvis is where the new surface is attached to the bone. These prostheses provide longevity and durability, allowing patients to have an active lifestyle.

Two important recent advances in total hip and knee replacement have been the development of advanced pain management regimens and the implementation of aggressive physical therapy protocols.

Patients start receiving pain medication preoperatively to block pain receptors in the brain. Additionally, the affected joint is injected with pain medications at the end of the procedure. Total knee replacement patients also receive a regional block that relieves pain and allows them to walk the evening after surgery. Patients can go home with the block in place. This combination of treatments results in excellent pain control.

The new pain regimens also allow for patients' rapid mobilization — at Keck Medicine, most patients receive physical therapy and ambulate the day of surgery. Physical therapists will also teach the patient joint exercises. These effective pain protocols and aggressive PT allow many patients to go home the day after the surgery. As a result, patients quickly gain confidence in their new joints, which further facilitates the recovery process.

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## CONDITIONS TREATED

- Arthritis of the knee and hip
- Cartilage damage and repair
- Hip impingement
- Osteoarthritis of the knee and hip
- Osteoarthritis of the shoulder
- Osteonecrosis of the knee and hip
- Patellofemoral arthritis of the knee and hip
- Rheumatoid arthritis of the knee and hip

## WHAT TO EXPECT DURING RECOVERY FROM HIP AND KNEE REPLACEMENT SURGERY

Since hip and knee replacement patients are of varying ages and health statuses, recovery is not the same in all patients. However, most patients are walking fairly well at two weeks and will have made significant progress by six weeks.

Patients will be up for a walk the same day of the surgery with a walker or crutches, and many will be able to go home one day after surgery. There will likely be some discomfort, but probably not as bad as might be expected, and appropriate pain medication will be prescribed.

Frequent elevation of the leg is recommended to ease swelling in the leg at and below the area of surgery. Patients are encouraged to perform their home exercise program on a regular basis.

## EXPERT MEDICAL TEAM

- **Paul K. Gilbert, MD**  
Joint replacement of the hip and knee, partial knee replacement
- **Nathanael David Heckmann, MD**  
Joint replacement of the hip and knee, partial knee replacement
- **Jay R. Lieberman, MD**  
Joint replacement of the hip and knee, degenerative arthritis, osteonecrosis of the hip and knee
- **Donald B. Longjohn, MD**  
Joint replacement of the hip and knee
- **Daniel A. Oakes, MD**  
Joint replacement of the hip and knee, partial knee replacement

To make an appointment, call

**(800) USC-CARE**  
**(800) 872-2273**

[ortho.KeckMedicine.org](http://ortho.KeckMedicine.org)

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