

LIVING WITH SEVERE KNEE PAIN?

Thanks to a New Knee Replacement Option, Rebecca Is Not

Rebecca, 68, of Baltimore, MD, is an interior designer who loves to garden and play with her grandchildren, but her life was put on hold because of severe knee osteoarthritis. For years, Rebecca put up with her knee pain but after it caused her to crawl up her driveway one morning after getting the newspaper, her orthopaedic surgeon recommended that both of her knees be replaced. Here, Rebecca and her physical therapist, Christina Lewis, discuss Rebecca's experience.

How did knee pain impact your everyday life?

Rebecca: "The pain dominated so many aspects of my life. I had pain when standing for an extended period of time, so I would plan shorter visits with my clients. At home, I had trouble getting my grandchildren in and out of their car seats. The pain just worsened and became more debilitating. There came a point when I said to my doctor, 'I just want my life back.'"

What questions did you have about knee replacement?

Rebecca: "I had a lot of questions: What exactly is involved? How long will rehabilitation last? When will I be able to get back to work? Since my husband had undergone knee replacement five years earlier, I also wanted to know what advancements had occurred during that time. My surgeon recommended the ATTUNE Knee System."

Christina: "Generally speaking, patients typically resume most of their daily activities within six to eight weeks. Rehabilitation is something that a patient does, not something that is done to them – so you get out what you put in. Rebecca is a perfect testament to that."

What was your rehabilitation like?

Rebecca: "Within hours after surgery, I was encouraged to move and start rehabilitation. The physical therapy was tough, but after a few weeks I began to marvel at how far I had come."

Christina: "I always begin therapy by asking my patients what they want to get back to doing, and then we work on those things. For Rebecca, it was gardening. We incorporated exercises that would help get her back in the garden as soon as possible."

What would you like to tell others with joint pain?

Rebecca: "Don't wait for the pain to get so bad that you stop living your life. Talk to your doctor about treatment options. Joint replacement made such a difference — to me, it really does feel like a new life."



Rebecca, ATTUNE® Knee patient, with her grandchildren.



Christina Lewis,
Physical Therapist
Director, Towson
Sports Medicine,
Baltimore, MD.

The ATTUNE® Knee from *DePuy Synthes Joint Reconstruction** features proprietary technologies designed to help maximize a patient's range of motion and address the unstable feeling some knee replacement patients experience during everyday activities, such as going down stairs and bending. Many patients report that they're getting back on their feet sooner than they expected.

**To learn more, please visit
www.RealLifeTested.com.**

Important Safety Information

The performance of knee replacement depends on age, weight, activity level and other factors. There are potential risks and recovery takes time. People with conditions limiting rehabilitation should not have this surgery. Only an orthopaedic surgeon can determine if knee replacement is right for a patient.

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