



PROMOTION

A joint effort

Is joint pain holding you back? Find out how to stay mobile with help from the expert Mr Daniel Cohen

Your knees and hips are the largest joints in the body. Supporting the body's weight, these hard-working mechanisms work very closely together to provide the mobility most people take for granted, at least until injury, arthritis or other problems develop.

Why do my joints hurt?

The most common cause of joint pain, osteoarthritis, is caused by 'wear and tear' of the cartilage that lines and cushions the joint, allowing it to glide smoothly. This in turn leads to the thinning of the cartilage and, eventually, the bones of the joint rubbing together.

Osteoarthritis commonly affects the knees and hips - the weight-bearing joints - and is more common in patients over 40 years of age. Patients can experience pain, stiffness, crepitus (grinding), swelling and deformity.

**PATIENTS BENEFIT
FROM INCREASED
MOBILITY AND
NO MORE
ARTHRITIC PAIN**



Patient power
Short online films at
manchesterhipandkneereplacement.co.uk
give clear information about
medical conditions, anatomy,
symptoms and
treatment.

What is the treatment?

Initial treatment is conservative and consists of painkillers, modifying activities, bracing, walking aids and physiotherapy. Only when symptoms become more severe and conservative treatments are no longer effective, will Mr Cohen consider partial or full replacement of the joint. Pain relief, combined with increased mobility, significantly improves the quality of life for those patients who have undergone joint replacement surgery.

What else causes pain?

Trauma can also be a cause of knee and hip pain. Orthopaedic trauma refers to injuries of the muscles, tendons, ligaments, bones, joints, nerves, blood vessels or related soft tissues that most commonly occur during sports, exercise or any other physical activity. Other causes include accidents, poor training practices or using the wrong kind of gear.

Musculoskeletal injuries are a group of painful disorders that result in

impaired function. Depending on the cause of the pain, the solution might be a set of exercises, pain relief medication, minor surgery or a combination of all three. But for many people, knee and hip problems become so intractable that the best solution is to replace the joint.

What's involved?

Knee and hip replacement surgery uses implants, made from metal, high-density polyethylene or ceramic, to replace a diseased or worn-out joint.

The operation typically takes around 60 minutes and involves an overnight stay. After surgery, patients benefit from increased mobility and no more arthritic pain.

What happens in future?

The good news is the vast majority of knee and hip replacements last a lifetime. The success rate and longevity is high, with more than 95% of knee and hip replacements still functioning well 10 years after surgery and more than 80% still working 20 years later.

MEET THE EXPERT



Mr Daniel Cohen is a consultant trauma and orthopaedic surgeon at the Penine Acute Hospitals NHS Trust and honorary senior lecturer

at the School of Health Sciences, University of Salford Manchester.

Mr Cohen graduated from the University of Liverpool with a commendation. He completed higher surgical training before embarking on complex hip and knee replacement fellowships. He was appointed an honorary senior lecturer at the University of Salford in Manchester for his teaching and work in the fields of hip surgery and biomechanics.

Mr Cohen provides a patient-centred hip and knee replacement service at the Penine Acute Hospitals NHS Trust and the BMI Highfield Hospital in Rochdale. By using implants with the best track record and modern surgical techniques, Mr Cohen achieves the greatest possible outcomes for his patients.

SATISFIED *Patients*

'Mr Cohen came highly recommended after sessions of physiotherapy failed to address a recurrent problem with my knee.'

'He swiftly and accurately diagnosed the problem yet was sympathetic about my reluctance for an invasive procedure (I'm a working mother and didn't relish any type of surgical disruption).'

'With each consultation, I found him to be thorough, considered and extremely reassuring.'

'Mr Cohen has given me my life back.'

FOR MORE INFORMATION

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