

A photograph of two women walking outdoors. The woman on the left has dark curly hair and is wearing a bright pink long-sleeved shirt. The woman on the right has grey hair and is wearing a grey hoodie over a pink shirt. They are both smiling and looking towards the right. The background is a blurred green park setting.

Knee Replacement: Understanding Your Options

**"PAIN FREE AGAIN.
THERE'S NO BETTER FEELING."**

RETURN TO A LIFE IN MOTION.



Why suffer unnecessarily?

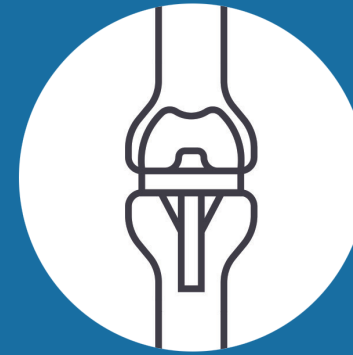
When joint pain interferes with your life, it's time to take action! Don't put off seeing a doctor.



**Non-
surgical**



**Surgical
Repair**



**Joint
Replacement**

Non-surgical options like medication and physical therapy may help reduce swelling, alleviate pain and improve motion. When those treatments no longer prove effective, surgery may be your best option.

Your orthopaedic surgeon will assess your range of motion, stability and strength and may recommend one of these three surgical options.

Arthroscopic Knee Surgery

allows the surgeon to make small incisions and use a tiny camera and instruments to make repairs.

Osteotomy

is when a surgeon reshapes the bone to reduce stress on the affected area, reducing or eliminating your pain.

Total Knee Replacement

is the right option if you have severe arthritis. Damaged bone and cartilage is removed and replaced with a combination of artificial parts specific to your needs.



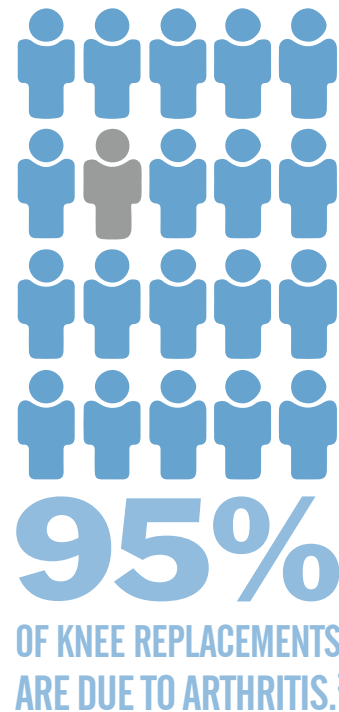
**Total knee replacement
will typically deliver
three key benefits:**

- **Relieve pain**
- **Restore function**
- **Improve mobility**

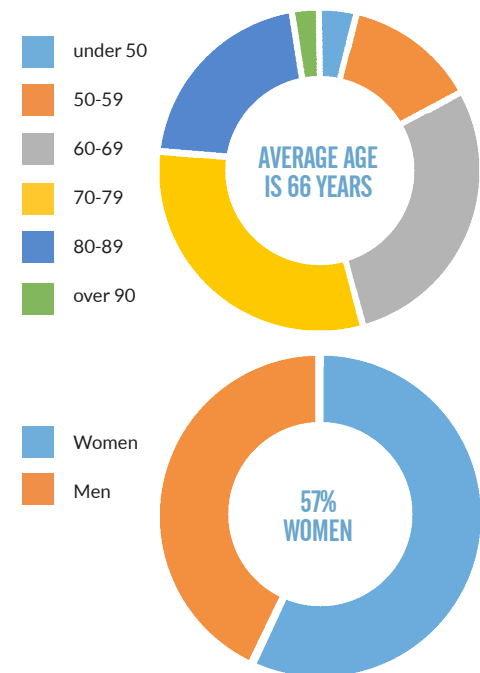
If it's your time, you're not alone.

More than 25,000 knee replacements are performed in the U.S. every week.¹

54
MILLION
AMERICANS
ARE AFFECTED BY ARTHRITIS.²



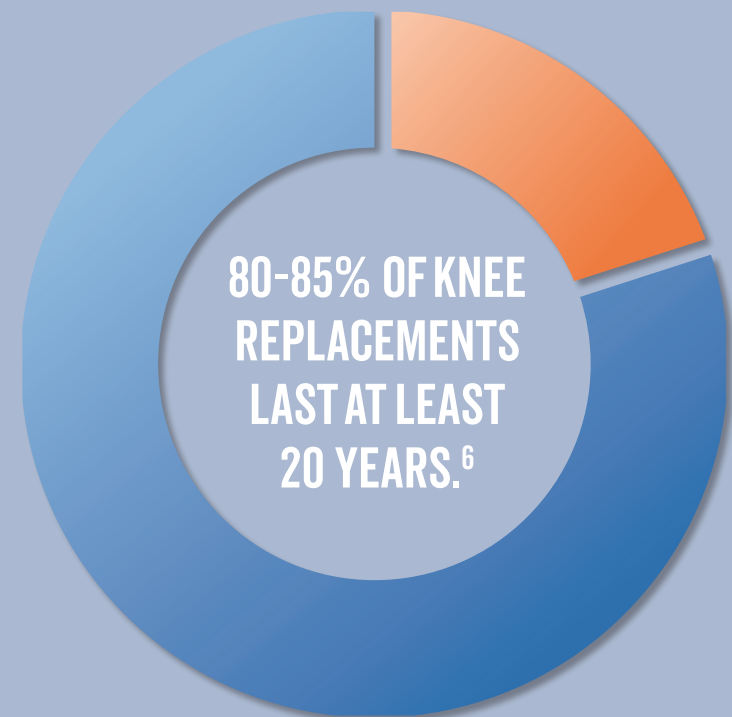
AGE/GENDER STATISTICS⁴



1. Average age for joint replacement drops: 5 key statistics, Becker's Spine Review, Mackenzie Garrity; 2. Arthritis facts, Arthritis Foundation; 3. Total Knee Arthroplasty, Up to Date, Gregory M Martin, MD, Justin Roe, MB, BS, BSc (Med) Hons, FRACS; 4. American Academy of Orthopaedic Surgeons, American Joint Replacement Registry, Annual Report 2018

Total knee replacement is one of the most successful interventions in medicine.

OVER 90%
OF PATIENTS EXPERIENCE
DRAMATIC PAIN REDUCTION
AND SIGNIFICANT IMPROVEMENT
IN ABILITY TO PERFORM ACTIVITIES OF DAILY LIVING⁵



5. American Academy of Orthopaedic Surgeons; 6. American Association of Hip and Knee Surgeons

UR Medicine Orthopaedics and Physical Performance offers the widest range of treatment options in Upstate New York, and we will customize your treatment plan to your individual needs.



UR Medicine's expert surgeons perform joint replacement surgery at Highland and F.F. Thompson Hospitals, offering:

- Advanced care
- State-of-the-art facilities
- Smaller setting
- Caring staff



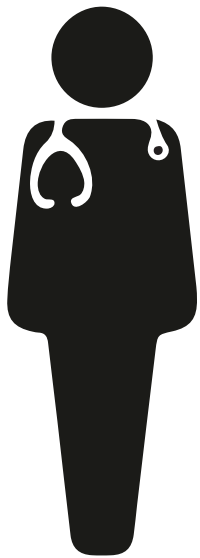
Committed to Excellence

Highland Hospital and F.F. Thompson Hospital have each been recognized by the Joint Commission, the nation's leading agency assessing health care quality.



Experience Matters

Research indicates that surgeons with more training, and who complete more surgeries, have better outcomes. These are important considerations as you choose your surgeon.



OUR ORTHOPAEDIC SURGEONS:

- ✓ **PERFORM 78% MORE KNEE REPLACEMENTS THAN THE NATIONAL AVERAGE⁷**
- ✓ **ALL BOARD-CERTIFIED**
- ✓ **ALL FELLOWSHIP-TRAINED**

7. American Academy of Orthopaedic Surgeons, American Joint Replacement Registry, Annual Report 2018

If you've decided it's time to address your knee pain, a path forward is simple:

- 1. Give us a call at (585) 275-5321.**
- 2. Meet our team and form a plan.**



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