

Joint replacement? Wait a little longer

SOT

Dr. James Murphy, orthopedic surgeon at OSF HealthCare in Urbana, Illinois

“Black cherry juice is something I’ve had patients swear by. They’ve taught me about it. So, I don’t think you need a doctor’s advice for [holistic remedies] like that. But, seeing a doctor in conjunction with all that is a good idea because there might be some things that can be added.” (:19)

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“They’re drilling into the tooth, and there could be bacteria from your mouth that can get into your bloodstream. If that makes its way to a total [replaced] joint, it could be devastating. So that can be avoided with a simple antibiotic prescription around the time of the dental work.” (:16)

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“What a joint replacement entails is making an incision and safely dissecting all the way down to the joint. Then, shaving away the arthritic joint and replacing it with an implant that’s made of metal and plastic. And that becomes your new knee, hip or ankle.” (:21)

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“It’s better for the patient, for their experience and their outcome, to get out of the hospital quickly. There are different things we do as far as pain control and therapy to get people in and out of the hospital as quick as is safe after surgery.” (:19)

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“[New joints] are meant to walk. They’re meant to walk as far as you’re willing to walk. They’re not meant for the cutting aspect of basketball, tennis or those kind of sports. Golf is perfectly fine. Swimming is great. Riding a bike is perfect. Rowing is great. It’s just the pounding on the knee that you want to avoid.” (:24)

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“Strength training is great. Staying active. Staying with your exercise regimen. Maintaining a healthy diet is a great thing to do. Eating a lot of healthy foods that are going to maintain your joint health over a long period of time.” (:25)

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“Like any classic car, you need to maintain it.” (:02)