

Joint replacement? Wait a little longer

Run time - :40

LEDE: When considering what type of care is right for hip, knee or ankle issues, timing plays a big role. Tim Ditman of OSF HealthCare has more.

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OSF orthopedic surgeon Doctor James Murphy says wait 'til your mid 60s before doing a joint replacement. Any earlier and you may just have to do it again.

Until then, medicine, braces, injections from a health care provider, losing weight and holistic remedies can help.

*SOUNDBITE: "Black cherry juice is something I've had patients swear by. They've taught me about it."*

After joint replacement surgery, you'll feel better, but the doctor says to manage your expectations.

*SOUNDBITE: "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."*

I'm Tim Ditman.

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