



New technology provides true match for knee replacement

A new option for knee replacement procedures is now available at Backus Hospital.

Ammar Anbari, MD, an orthopedic surgeon on the Backus Medical Staff, was the first surgeon in the region to perform knee replacement with new TruMatch technology.

TruMatch uses a CT scan to produce custom made knee cutting blocks specifically for the patient. This allows for very accurate placement of the prosthesis and improves patient outcomes, Dr. Anbari said.

"The knee replacement was so much easier and it saves about 30 minutes of operative time," Dr. Anbari said. "This technology has allowed us to make very accurate bone cuts with less bleeding during and after surgery, and smaller incisions, which leads to less pain and better function after surgery.



The custom blocks are manufactured by the company, DePuy Orthopaedics, using a CT scan, which takes a three-dimensional picture of the knee.

Based on the patient's anatomy, the custom blocks are made. This process offers a number of advantages over previous technologies or traditional knee replacements.

"A CT scan is the best imaging modality for bones," Dr. Anbari said. "It is very precise and can account for even tiny bone spurs in the knee. It uses the patient's mechanical weightbearing alignment to calculate its measurements, which replicates the method all surgeons use. The custom blocks are shipped in sterile packaging ready for use, with the patient's name stamped on it eliminating processing time and errors."

By improving implant positioning, the implant can last longer, preventing uneven wear. With average activity levels, Dr. Anbari said a knee replacement like this should last at least 15-20 years.

Dr. Anbari said his first patient who underwent a knee replacement using this technology was wheelchair-bound for a long time due to her knee arthritis pain. On the day after her replacement surgery, she walked 65 feet. She was able to go home without needing any extended rehabilitation.

Dr. Anbari said he already has other people scheduled for this procedure, but added that patients should speak with their doctor about what options may or may not work for their particular situation.