

*Don't let knee
arthritis pain wear you out*



never stop moving™

DePuy
Orthopaedics Inc.
a Johnson & Johnson company

The knee that's in sync with your life

The knee replacement that's right for you will be the one that fits your life and allows you to do the things you love. Sigma® Knees from DePuy Orthopaedics, Inc. gives your surgeon the choice of a wide range of sizes, shapes and materials so that the fit will have a more natural feel and movement.

Imagine dancing, playing a round of golf or just moving about freely. Thanks to Sigma Knees, many are experiencing these simple pleasures again.¹

Osteoarthritis is a common cause of knee degeneration

Osteoarthritis usually begins with pain that can slowly lead to a reduced range of motion. Even the simplest everyday activities like climbing stairs, getting out of a car or even walking can cause severe discomfort.

Don't give up what's important to you

Knee replacement is one of the most effective ways to reduce pain and gain mobility. A recent Arthritis Foundation® study shows knee replacement has a 90-95% rate of patient satisfaction.² If conservative treatments haven't given you any relief, it may be time to talk to your doctor about knee replacement.

*"Thanks to this surgery,
I can once again satisfy
my thirst for adventure.
I'm so thankful to have
my life back!"*

*– Roger S.
Knee Patient*



Sigma Knees

There are a variety of Sigma Knee Solutions available that can help restore mobility and reduce pain.

Total Knee Replacement

- Rotating Platform Knees
- Fixed-Bearing Knees

Partial Knee Replacement

DePuy Orthopaedics offers High Flexion options in both total knee and partial knee replacement designs. This allows the implant to accommodate for medium to deep knee flexion. High knee flexion is the movement needed for kneeling, squatting or sitting cross-legged. It may allow you to participate in social, cultural, religious or leisure activities that are important to you.

Your surgeon will choose the best option for you based on your age, weight, activity level and other specific needs.

Total Knee Replacement

Rotating Platform Knees

Ask for the knee that bends and rotates

DePuy Orthopaedics, a leader in rotating platform technology, has a rich history of innovation and success in knee replacement.

Severe Pain

- Inability to walk short distances
- Medications don't help
- Interrupted sleep

Have Surgery

Two Options

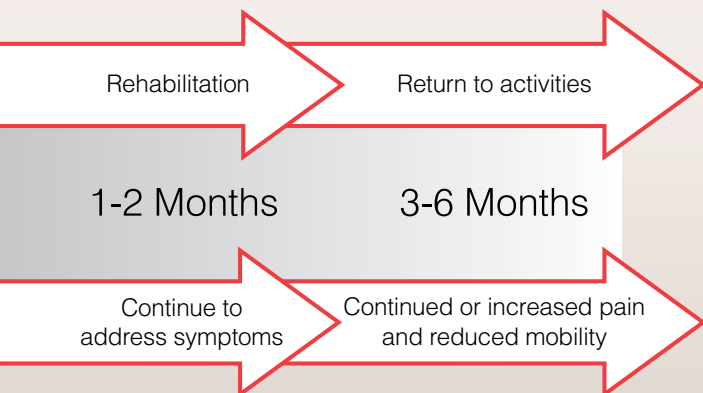
Delay Surgery

DePuy Orthopaedics' Sigma Rotating Platform Knees are designed to bend and rotate. Instead of moving like a hinge, the surfaces of your knee joint roll and glide against each other as you bend. In other words, your knee naturally rotates as it bends.

The Sigma Rotating Platform Knee allows more natural movement with less implant wear, compared to traditional knee replacements.³ Patients participating in a DePuy Orthopaedics multi-surgeon study reported a 97% satisfaction rate five years after surgery.⁴

In addition to the Sigma Rotating Platform Knee, DePuy Orthopaedics also offers the LCS[®] Complete[™] Knee. The LCS Complete Knee is a Mobile Bearing Knee. Rotating Platform is a type of Mobile Bearing Knee.

DePuy Orthopaedics pioneered the Mobile Bearing Knee and studies show that even after 20 years, more than 97% of LCS Knee implants are still in use.^{5,6} In fact, DePuy Orthopaedics was the first company to receive FDA approval on Mobile Bearing Knee technology.




Jane, 50, is a schoolteacher in Washington, DC. She had suffered for years from knee pain. Eventually, it made it hard for her to do simple things in the classroom, like sitting on the floor to read to her students.

“I began to seriously consider surgery the day my grandkids were visiting and I overheard one telling the other that they probably wouldn’t go to the park that day because it was too far for Grandma to walk.”

Jane took action and talked with her orthopaedic surgeon to learn about what could be done. She received a rotating platform knee in the summer of 2007 and her life changed dramatically.

“I’ve had no pain since the knee replacement surgery. I get my work done during the day, and when I get home, I have energy to keep going.”



“Close your eyes and think of when you were a child and were able to play carefree. Now open your eyes and think of how you feel today. It’s not lost; you can recapture that carefree feeling.”

– Jane L.
Knee Patient

Fixed-Bearing Knees

Fixed-Bearing Knees are the most widely used knee replacements in the United States today. DePuy Orthopaedics' Sigma Fixed-Bearing Knee is a leader in this type of knee system. Sigma Fixed-Bearing Knees are based on the clinically proven P.F.C.® Knee, redesigned using advanced materials such as low-wear polyethylene.⁷ In a study of a group of knee replacement patients with the P.F.C. Sigma Fixed-Bearing Knee, 99.6% still had their implant after five years.⁸ The Sigma Fixed-Bearing Knee is an excellent example of a proven design that continues to evolve to meet the demands of today's patients.



Partial Knee Replacement

Laura, 58, has been a competitive athlete virtually her entire life. She started skiing and figure skating as a child and continued to compete seriously in these sports as an adult. Eventually, skating gave way to ballet, competitive horseback riding and hiking.

Laura pursued an athletic lifestyle for a long time, but as the years passed, the pain in her knees got worse. "I first began feeling the pain in my late twenties and thirties," Laura says, "It wasn't until my fifties, when I had significant loss of cartilage, that it became much worse."

She tried multiple arthroscopic surgeries, plus therapeutic injections, but nothing worked for very long. Laura says, "I really felt like I had to be more aggressive to determine what was the right treatment option for me."

Laura's surgeon chose an implant called the Sigma High Performance Partial Knee.

In just weeks, Laura was able to return to the activities she enjoyed before the surgery – horseback riding, skiing and hiking – but now without the pain.

Partial Knee

Only the Sigma HP Partial Knee can replace any of the three areas of your knee, depending on the degree of arthritis damage. Replacing only the damaged area maintains more of your natural knee, helping to relieve pain and restore more natural movement.

The Sigma HP Partial Knee may be an option for those more active patients who require a high degree of flexion, but do not yet need a total knee replacement. It accommodates deep knee flexion, the movement needed for kneeling, squatting or sitting cross-legged. It may also make it easier for you to participate in social, cultural, religious or leisure activities that are important to you that require this type of bending motion.



And because partial knee replacement is less invasive, you have the potential for a faster recovery than with a total knee replacement.

Consider your quality of life

Early diagnosis and proper treatment of knee osteoarthritis are important for your mobility.⁹ If your doctor has recommended a knee replacement, it's important to understand that delaying surgery can reduce your quality of life even more – both before and for up to two years after surgery.¹⁰ There is no cure for osteoarthritis and it is degenerative, which means that your pain and limited mobility are likely to get worse over time.¹¹



"I've always treasured my mobility. I knew I'd have to work hard at my physical therapy exercises during rehab, but I was really motivated. Now I'm able to pursue my interests again, except without the pain."

– Jim W.

Knee Patient

Jim Whittaker was the first American to summit Mount Everest. Now aged 79, he still has a love for adventure. In 1978, he led the first successful American team to summit K2, the second tallest mountain in the world.

However, this adventure-packed lifestyle led to his severe knee osteoarthritis. Eventually, when Jim had trouble going up and down the stairs, he knew he had to do something. He and his orthopaedic surgeon decided to replace both of his knees with Sigma Rotating Platform Knees. After a successful surgery and focused rehab, Jim went back to his active lifestyle.

Important safety information

As with any medical treatment, individual results may vary. The performance of a knee replacement depends on your age, weight, activity level and other factors. There are potential risks, and recovery takes time. People with conditions limiting rehabilitation should not have this surgery. Only an orthopaedic surgeon can tell if knee replacement is right for you.

A few frequently asked questions

Q: How do I know if I need a knee replacement?

A: The best time for surgery is based on how bad your osteoarthritis is, the level of pain, how much you can move, and other factors. It's your knee's condition, not your age, that generally determines when you need knee replacement. You and your surgeon will decide the best time for surgery.

Q: Why do some people delay knee replacement surgery?

A: People are often fearful about surgery. Yet once they have it, many of these same patients wish they had done it sooner. When they are able to go back to several of the activities they enjoyed before the surgery, with less pain and more mobility, they are very happy they had the surgery.

Q: What can I expect from my new knee?

A: Patients may be able to return to a healthy, low-impact, active lifestyle after knee replacement surgery – including walking, swimming, cycling and low-impact sports such as golfing. You and your surgeon should discuss what's right for you.

A few frequently asked questions

Q: How long will recovery and rehabilitation take?

A: Rehabilitation and recovery take time and hard work. Each person is different; the length of recovery depends on your particular situation, overall health, and on your individual circumstances. Many people achieve recovery in three to six months.

Q: Are there knee implants designed just for men or women?

A: There is no clinical evidence to support the need for a gender-specific knee implant.¹² More than 60% of all current knee replacements are implanted in women, with a 90-95% rate of satisfaction.^{2,13} Your surgeon will choose an implant that meets your needs from a variety of sizes and types. Talk to your surgeon about the best implant for you.

Q: Is knee replacement surgery covered by insurance?

A: Most private insurance plans, as well as Medicare and Medicaid, offer coverage for knee replacement surgery. You should contact your insurance provider before your surgery to see whether it is covered under your plan.





Talk to an orthopaedic surgeon today about Sigma Knees.

Sigma Fixed-Bearing, Rotating Platform and Partial Knees help increase mobility and decrease pain, and are only available from DePuy Orthopaedics, Inc.



For more information, visit www.kneereplacement.com

- 1 Data on file at DePuy Orthopaedics, Inc., 2007.
- 2 The Arthritis Foundation. <<http://www.arthritis.org/research/Bulletin/vol51no11/Printable.htm>>, 2006.
- 3 McNulty D, et al. "The Effect of Crosslinking UHMWPE on In-Vitro Wear Rates of Fixed and Mobile Bearing Knees." ASTM STP 1445 American Society of Testing and Materials, West Conshohocken, Penn. Available Online at <www.astm.org>, 2004.
- 4 DePuy Multi-Center Study: DePuy Orthopaedics, Inc. internal data, 2006.
- 5 Buechel F, et al. "Twenty-Year Evaluation of Meniscal Bearing and Rotating Platform Knee Replacements." *Clinical Orthopaedics and Related Research*. July 2001:41-50.
- 6 Sorrells RB, et al. "The Rotating Platform Mobile Bearing Total Knee Arthroplasty." *Surgical Technology International IX*, San Francisco. 2000.
- 7 Dixon M, et al. "Modular Fixed-Bearing Total Knee Arthroplasty with Retention of the Posterior Cruciate Ligament. A Study of Patients Followed for a Minimum of Fifteen Years." *The Journal of Bone and Joint Surgery*. 2005;87:598-603.
- 8 Dalury D, et al. "Midterm Results with the P.F.C. Sigma Total Knee Arthroplasty System." *The Journal of Arthroplasty*. Feb. 2008:175-181.
- 9 Fortin P, et al. "Outcomes of Total Hip and Knee Replacement." *Arthritis & Rheumatism*. 1999;42(8):1722-1728.
- 10 Fortin P, et al. "Timing of Total Joint Replacement Affects Clinical Outcomes Among Patients With Osteoarthritis of the Hip or Knee." *Arthritis & Rheumatism*. 2002;46(12):3327-3330.
- 11 American Academy of Orthopaedic Surgeons. <http://orthoinfo.aaos.org/fact/thr_report.cfm?Thread_ID=177&topcategory=Arthritis>, 2006.
- 12 Based on survivorship and patient satisfaction data collected for DePuy Orthopaedics, Inc., 2007.
- 13 American Academy of Orthopaedic Surgeons. <<http://www.aaos.org/wordhtml/research/stats/Hipkneefacts.htm>>, 2006.

The third-party trademarks used herein are trademarks of their respective owners.

"I was able to get back to one of the activities that I enjoy the most, riding horses, as quickly as four weeks later. This was still low impact and a slower pace than my usual, but I was still on the back of a horse doing something that I love."

– Laura P.
Partial Knee Patient

www.kneereplacement.com

DePuy Orthopaedics, Inc.

700 Orthopaedic Drive
Warsaw, IN 46581-0988
USA
Tel: +1 (800) 366 8143
Fax: +1 (574) 371 4865

DePuy International Ltd.

St Anthony's Road
Leeds LS11 8DT
England
Tel: +44 (113) 387 7800
Fax: +44 (113) 387 7890

41M0909
DPU SIG B208 (Rev. 2)

Printed in USA.
© DePuy Orthopaedics, Inc. 2009. All rights reserved.

never stop moving™

**DePuy**
Orthopaedics Inc.
a Johnson & Johnson company