

## What Patients are Experiencing with the ATTUNE Knee

"Through my knee replacements, I am doing the simple things and the not-so-simple things, like starting to train for another bike ride. I'm truly able to enjoy my retirement with my family."



**Roger**, Retiree and bilateral ATTUNE Knee replacement patient

"Don't put off that conversation for too long—it made such a difference in my life. The sooner, the better."



**Rebecca**, Interior designer and bilateral ATTUNE Knee replacement patient

"I am pleased with my knee replacements. I had full extension right from the get go! I wish I didn't wait so long to have my initial replacement done."



**Bob**, Business Owner, Handball Player and ATTUNE Knee replacement patient

## Important Safety Information

As with any medical treatment, individual results may vary. The performance of knee replacements 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.

### References

1. Data on file from Mark Clatworthy, MD. In hospital study involved 40 ATTUNE Knee vs 40 SIGMA Knee patients.
2. Landers, S. Another reason to exercise for those with arthritis. American Medical Association. <<http://www.ama-assn.org/amednews/2005/05/02/hlsc0502.htm>>, 2005

To learn more about knee replacement surgery and find a local ATTUNE Knee orthopaedic surgeon, visit [www.attuneknee.com](http://www.attuneknee.com)



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Stability in Motion™

## A KNEE THAT CAN HELP YOU GET BACK SOONER



**Rebecca**, ATTUNE® Knee replacement patient



## Why the ATTUNE® Knee System May be Right for You

The ATTUNE® Knee is designed to optimize how your knee replacement feels and moves. Through several key patented technologies, the ATTUNE Knee can help you achieve the best possible range of motion while giving you the confidence of a stable knee replacement. This stability is essential for activities like walking and going up and down stairs. The ATTUNE Knee comes in a broad variety of sizes, in both fixed bearing and rotating platform options. Your doctor will help you choose which option is best tailored to fit you.



## First Step Confidence Helps You Get Back Sooner

Every aspect of the ATTUNE Knee has been shaped to work with your natural knee anatomy, allowing your muscles, bones, tendons and ligaments to continue to work together. As a result, your knee replacement feels more stable and may help you get back on your feet sooner. In a clinical study, physical therapists noted that ATTUNE Knee patients had significantly greater range of motion compared to another leading knee replacement, both two and six weeks post-surgery. It was also noted that ATTUNE Knee patients required significantly less time to meet the necessary criteria to leave the hospital.<sup>1</sup>



## Rebecca's Knee Replacement Journey



**Rebecca,**  
ATTUNE Knee replacement patient

Rebecca is a professional interior designer with a passion for gardening and spending time with her two grandchildren. In 2009, she began to experience debilitating pain in her knees that impacted her work and family life. So, Rebecca decided to see her orthopaedic surgeon, who recommended knee replacement surgery.

He replaced both of her knees with ATTUNE Knees in January 2012. Just two days after surgery, Rebecca returned home from the hospital, and began rehabilitation and physical therapy. Recovery was challenging at first, but she maintained an optimistic attitude. "During physical therapy, I reminded myself of how far I had come in just a week."



**Christina Lewis,**  
Physical Therapist  
Director, Towson Sports Medicine

Knowing Rebecca's love of gardening, her physical therapist Christina Lewis designed exercises mimicking the movements she made outside. "Rebecca was near the top of her class. She didn't want to get her knees fixed to sit around. She wanted to get back to being active."

Today, Rebecca is back at work and able to move around her garden and play with her grandchildren with confidence. She even practices Pilates, thanks to the range of movement and stability her new knees provide. Rebecca encourages others suffering from joint pain to speak to an orthopaedic surgeon.

## What is Causing Your Knee Pain?

An estimated 70 million people in the U.S. have some form of arthritis.<sup>2</sup> Osteoarthritis, the most common form of arthritis, is a disease where cartilage covering the bones wears down over time. In the knee, this results in one bone rubbing against another bone, causing pain and reduced motion.

## What Can You do About it?

Osteoarthritis is degenerative, meaning it only gets worse. So it is critical that it's treated as quickly and effectively as possible.

Medication, injections, water therapy (ice/hot packs), physical therapy and other conservative methods can help manage pain and stiffness associated with osteoarthritis.

Knee replacement surgery is a viable option that alleviates pain and improves mobility, by replacing damaged bone and cartilage. Choosing an ideal knee replacement is essential to getting back to the activities you love that much sooner.

## About DePuy Synthes Companies

DePuy Synthes Companies is a global leader in hip, knee and shoulder replacement, and is the largest provider of orthopaedic and neurological solutions in the world. Founded in 1895, DePuy Synthes Companies was the first commercial orthopaedics company in the United States. DePuy Synthes Companies continues to advance the art and science of hip and knee replacement by helping orthopaedic surgeons improve mobility for millions of patients around the world.

## Your Knee

The knee is the largest joint in your body, comprising three individual bones: the shin bone (tibia), the thigh bone (femur), and the knee-cap (patella). The knee joint is lined with cartilage to protect the bones from rubbing against each other. This ensures that the joint surfaces can glide easily over one another. A healthy knee is characterized by strong stability as well as good range of motion.

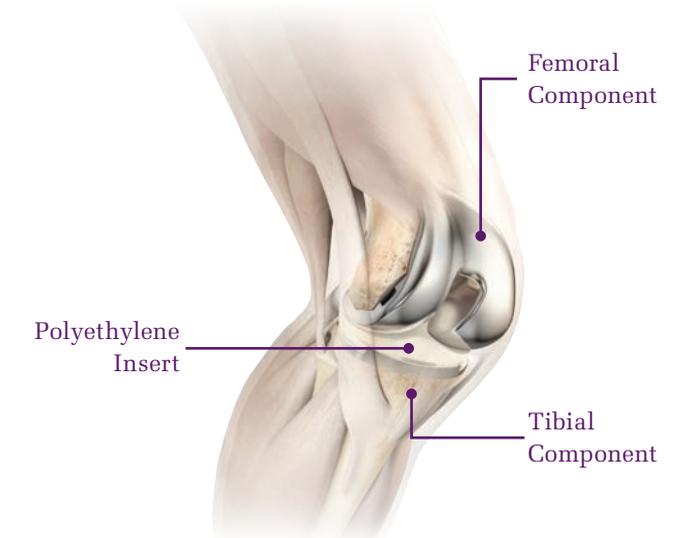


## How Can Knee Replacement Benefit You?

- Relief of arthritic pain and discomfort
- Improved mobility in your knee
- Greater freedom and confidence to do everyday activities, including walking and climbing stairs

## How Does Knee Replacement Work?

Knee replacement is a surgical procedure that replaces diseased joint surfaces with implants that naturally mimic a healthy knee.



Before total knee replacement, patients will often undergo a pre-operative physiotherapy and weight loss program. After surgery, a post-operative exercise regimen helps them regain range of motion, strength and stability.

## Recovering After Knee Replacement

Rehabilitation begins almost as soon as surgery is complete, and the typical activities include range of motion exercises and walking.

A patient will typically be able to walk unaided, just 6 weeks after surgery and return to work and everyday activities. After 12 weeks, patients may even perform low-impact activities such as golfing, yoga and swimming. With a superior knee replacement system and a strong commitment to rehab, patients can reduce their recovery time and get back to their favorite activities sooner.