

When Less Is More

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Minimally Invasive Procedures Aim To Revolutionize Knee Surgery

At an international symposium in Pittsburgh last month, nationally renowned surgeon Jeffrey H. DeClaire, M.D. demonstrated a new technique that he hopes will revolutionize knee replacement surgery.

Dr. DeClaire, an orthopedic surgeon in Rochester Hills, MI, is a leader in minimally invasive surgery (MIS), which results in reduced pain and recovery time for patients. With MIS, surgeons make a small, three-inch incision in the knee to insert a manmade joint. Traditional knee surgery requires an eight- to twelve-inch incision.

“I’ve had patients who are able to walk on their own just days after minimally invasive surgery,” said Dr. DeClaire, founder of the Michigan Sports Medicine Center in Rochester Hills. “Traditional knee replacement surgery can require months of rehabilitation and sometimes days in the hospital.”

More than 30 million Americans suffer from osteoarthritis or severe knee pain. Each year, approximately 300,000 have total knee replacements. Although MIS is relatively new, it is already making an impact, said Dr. DeClaire, who has used the cutting edge procedure to successfully reconstruct hundreds of stiff and achy knees.

“New and improved technology and surgical tools are enabling us to better serve patients,” he said. “We can expect even further advancements in the future. I am currently testing future products such as 3D-image guided and non-image based navigations systems.”

Computer-Assisted Surgery

Dr. DeClaire described his procedure during “MIS Meets CAOS,” an international medical symposium held April 15-17 in Pittsburgh. The symposium brought together world leaders in orthopedic surgery to educate them about MIS joint reconstruction.

Presenters also discussed the latest developments in CAOS (computer-assisted orthopedic surgery). CAOS represents the future for knee replacements and will lead to more accurate and less invasive surgical techniques, said Dr. DeClaire.

The purpose of MIS Meets CAOS is to educate practicing orthopedic surgeons on the current status and future directions of less and minimally invasive joint reconstruction, and to help them better understand the basics of CAOS.

The philosophy behind MIS Meets CAOS is that the development of less and minimally invasive surgery (L/MIS) for partial and total joint replacements holds the promise to change the way adult reconstructive surgery is performed and can dramatically improve patient outcomes.

Symposium

MIS Meets CAOS brings together world leaders and combines didactic sessions with hands-on surgical academy designed to provide a comprehensive understanding of MIS and CAOS and clinical systems in the areas of new surgical techniques, mechanical tool and implant redesign, and computer-assisted tools. The symposium schedule allows for interaction and discussion between the presenters and their audience.