

PATIENT EDUCATION:

10 FACTS ABOUT BONE HEALTH FOR WOMEN

What Are the Top 4 Most Common Orthopedic Surgeries and Procedures?

Orthopedic surgeons often have a sub-specialty that they focus on. Sports medicine is a sub-specialty of orthopedics focusing on conditions, treatments, procedures and rehabilitation for athletes. To follow is a look into the top 4 most common orthopedic surgical procedures.

1. **Joint Replacement** procedures are generally reserved for patients who have end-stage arthritis and need joint replacement to relieve pain and increase range of motion. The most common joints to be replaced are the hip (most commonly in elderly patients) and knee. The ankle can also be completely replaced, but the procedure is performed the least often of any joint replacement surgeries.
2. **Shoulder joint replacement** is the second most performed orthopedic surgery. The shoulder is the most-used joint in the body. Those who suffer from extreme shoulder pain and repeat injuries may be viable candidates for a total shoulder joint replacement procedure. This procedure diminishes pain over time, while increasing range of motion for most patients. Patients who suffer from extreme shoulder pain but may not require total shoulder replacement can benefit greatly from shoulder arthroscopy.
3. **Spine surgery** helps increase activity and improve the lives of those afflicted with back pain. Conditions of the spine that may require surgery include degenerative disc disease, spinal stenosis, myofascial pain syndrome, and spinal stenosis. Spinal stenosis is the painful narrowing of the spinal canal that causes discs to bulge or herniate. Many degenerative spinal diseases are conditions that develop as a result of the aging process.
4. **Anterior Cruciate Ligament (ACL) Reconstruction** is the most commonly performed procedure regarding the knee. The ACL is the major stabilizing ligament of the knee. When the

ACL tears or ruptures, surgery is required to reattach the ligament effectively. ACL surgery can be performed arthroscopically.

Orthopedic Surgeons in Hackensack, Emerson, Elmwood Park and Montclair

For more information, contact Active Orthopedics and Sports Medicine with offices throughout Bergen and Essex Counties to schedule an appointment today. We can be reached at 1-844-ACTIVE-ORTHO for 24-hour emergency care.

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