

Zimmer®

# Unicompartmental High Flex Knee System



Designed to help  
restore active lifestyles.





# Advanced Solutions for Today's Active Lifestyles

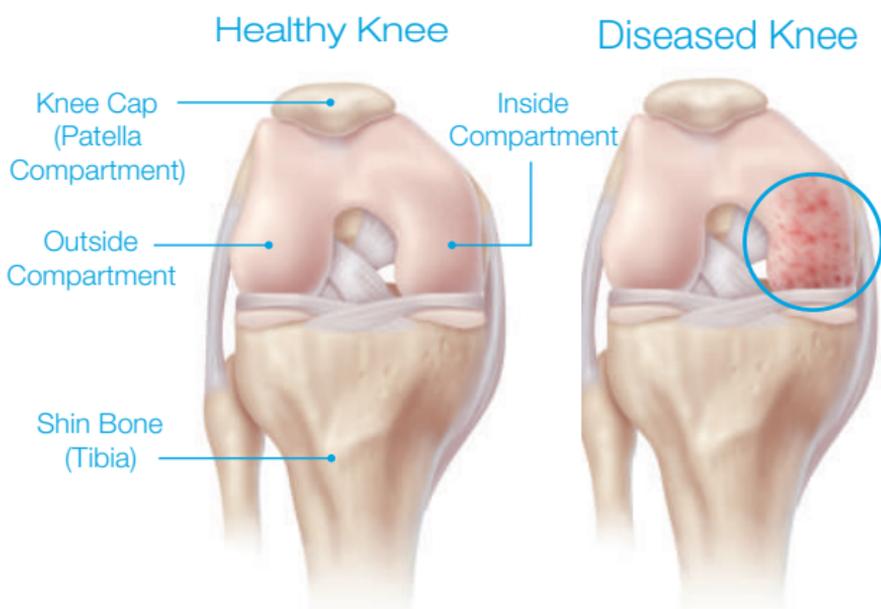


If you're reading this, chances are your life is being compromised by knee pain. Maybe you've been active all of your life, and now you find yourself giving up the things you enjoy. You might even be struggling to get a good night's sleep, because the pain is too much to bear.

As your knee condition worsens, it is possible that medications and non-surgical treatments will fail to provide adequate pain relief. In that case, your doctor may discuss treatment options involving surgery. In this brochure you will learn about an advanced partial knee replacement surgery that is designed to treat unicompartmental osteoarthritis.

# Why Does My Knee Hurt?

In a healthy knee, a layer of cartilage “cushions” the joint and protects the surface of the bones as the knee moves. When the cartilage is damaged or worn away, the bones may rub together, causing pain and limiting mobility. The most common cause of cartilage deterioration is wear and tear, called osteoarthritis. Osteoarthritis can damage the entire knee or be limited to just one side of the knee. If you experience pain only on one side, or compartment, of your knee, your doctor may diagnose you with unicompartmental osteoarthritis.





## Benefits of Unicompartmental Knee Replacement

If you are diagnosed with unicompartmental osteoarthritis, your doctor may consider a procedure that preserves the healthy side of your knee. This is called a unicompartmental knee replacement. A successful unicompartmental knee replacement can relieve pain and preserve more of your natural anatomy. It may delay, and, in some cases, prevent a more extensive total knee replacement, which replaces all three compartments of the knee.

# Risks of the Unicompartmental Knee Replacement

Every surgical procedure has some risks and benefits. Your individual results will depend on your personal circumstances, and recovery takes time. Blood clots are a risk, and you should discuss a prevention program with your surgeon. Infection is a risk in any surgical procedure, and according to the American Academy of Orthopedic Surgeons, 1.8% of patients get an infection in the first two years. In some cases joint instability can occur. Joint fracture has been reported following joint replacement and is typically caused by heavy weight or people with unrealistic performance expectations. How long a partial knee replacement will last varies from person to person. It depends on many factors, such as your physical condition and activity level, body weight, and the surgical technique.





# Zimmer Unicompartmental High Flex Knee System (Uni)

The *Zimmer* Unicompartmental (Uni) High Flex Knee surgery preserves more bone than a total knee replacement, which replaces all three compartments of the knee. It can be done through a smaller incision with *Zimmer* Minimally Invasive (MIS) technology, which preserves more of your natural anatomy. This technology means you have the potential for a quicker recovery.

The *Zimmer* Uni High Flex Knee safely accommodates high flexion and is designed to feel more natural throughout the range of motion. In clinical studies, *Zimmer* Unicompartmental knee replacements have a 98% cumulative success rate at 10 years<sup>1</sup>, which is one of the highest success rates seen in unicompartmental knees to date. This treatment is not appropriate for everyone; only your orthopedic surgeon can tell if you are a candidate for unicompartmental knee replacement.

# High Flex Accommodates Deep Knee Bending

The *Zimmer* Uni High Flex Knee is an advanced partial knee replacement that is designed for those who are no longer as active as they once were due to pain. Unlike some unicompartmental knee implants, the *Zimmer* Uni High Flex Knee accommodates deep knee bending, which is referred to as high flexion. High flexion is particularly important if you enjoy activities such as golf, gardening or playing with small children, during which kneeling is common. The *Zimmer* Uni High Flex Knee does not guarantee deep knee bending, however it is designed to safely accommodate up to 155° of flexion in patients who are able to achieve it.



## Building on Clinical Success

The *Zimmer* Uni High Flex Knee evolved from the proven concepts and clinical history of earlier Zimmer knee replacement designs. In databases of orthopedic procedures recorded in countries around the world, previous Zimmer Unicompartmental knee implants are among the longest lasting when



To receive more information on Zimmer's latest joint replacement technology, please fill out the reply card.



compared to other partial knee replacements. Only your orthopedic surgeon can tell if you are a candidate for this type of procedure. How long your knee replacement will last depends on many different factors, and everyone is unique. Only your doctor can discuss your situation with you.

## Zimmer Minimally Invasive Solutions™ (MIS) Technique

Perhaps you have heard the term “minimally invasive surgery.” Maybe you’ve even wondered if it could be an option for you. Only your doctor will know for sure. At Zimmer, we have pioneered a number of orthopedic procedures using smaller incisions and techniques that limit the damage of muscles and other soft tissue. Generally speaking, *Zimmer Minimally Invasive Solutions* (MIS) procedures offer the following benefits:

- Smaller incisions
- Less pain
- Less risk of infection
- Shorter hospital stays
- Quicker recovery times

Yes! I would like to receive more information on Zimmer's latest joint replacement technology. [Please print clearly.]

First and Last Name \_\_\_\_\_

Street Address \_\_\_\_\_

City State ZIP \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

In order to send you the most relevant information, please complete the short questionnaire below. Please choose your level of agreement by circling a number in the scale below.

1. My knee pain causes me difficulty in walking even short distances.  
Do not agree    1    2    3    4    5    6    7    Completely agree

2. Joint replacement surgeries have a very high success rate.  
Do not agree    1    2    3    4    5    6    7    Completely agree

3. My pain is not severe enough to have the replacement surgery yet.  
Do not agree    1    2    3    4    5    6    7    Completely agree

4. My doctor has told me that I am not old enough to have the surgery yet.  
Do not agree    1    2    3    4    5    6    7    Completely agree

5. I am a caregiver for someone and am concerned about who will take care of them during rehab from the knee replacement surgery.  
Do not agree    1    2    3    4    5    6    7    Completely agree

6. I am still looking for a surgeon whom I can trust and feel comfortable with.  
Do not agree    1    2    3    4    5    6    7    Completely agree

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UNI

Moisten, fold, seal and mail back

# Ready for the next step?

Talk to your doctor. The *Zimmer* Uni High Flex Knee is designed to help you get back to your life—and enable you to safely resume many activities that require deep knee bending. But only an orthopedic surgeon can tell you if you are a candidate for the *Zimmer* Uni High Flex Knee. Find out how Zimmer is dedicated to helping relieve pain, restoring knee function and returning your quality of life.

call toll free: 800-447-5633  
or visit [zimmer.com](http://zimmer.com)



This brochure is intended to provide an overview of knee replacement surgery. It is not intended to promote knee replacement surgery or provide instructions for preoperative preparations or postoperative recovery.

**Reference:**

1. Richard A. Berger, R. Michael Meneghini, Joshua J. Jacobs, Mitchell B. Sheinkop, Craig J. Della Valle, Aaron G. Rosenberg and Jorge O. Galante *J Bone Joint Surg Am.* 87:999-1006, 2005. doi:10.2106/JBJS.C.00568



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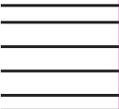
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