

News from
Washington
Health

Exciting Knee Replacement News

Proven Long-Life Implant Brings Faster Recovery and Better Outcomes

Nearly 1 million people in the U.S. have knee replacement surgery every year, and now there is a revolutionary new option. A proven implant used in the U.K. for over a decade with outstanding clinical outcomes has recently been FDA approved in the U.S. and is now available through Washington Health.

Partial knee replacement is an established surgical procedure to treat osteoarthritis confined to a single compartment of the knee. The cemented Oxford partial knee replacement (PKR) has been used in Europe for 50 years and has the best outcomes of all the implants on the market today, likely because of the mobile bearing that replicates natural knee joint movement. The unique cementless version of this implant, FDA-approved in February 2025, is a promising option because it eliminates the need for bone cement as a grout, which can be a barrier to long-term fixation for the younger patient. Two surgeons at Washington Health's Institute for Joint Restoration and Research (IJRR) underwent required training on the Oxford PKR and have performed numerous procedures since August.

"What makes the Oxford partial knee so remarkable is that millions of them have been done in the U.K. with unparalleled clinical outcomes," said John T. Dearborn, MD, FAAOS, founder and medical co-director of the IJRR, and founder and medical director of Peninsula Surgery Center, who has performed more than 30 Oxford partial knee procedures. "Multiple studies

show these Oxford implants exceed 95% survival rate at 10 to 15 years post-surgery. Because of its proven longevity, the Oxford PKR allows us to offer a superior, permanent solution to patients who might otherwise have needed another replacement in their lifetime."

According to a white paper on the Oxford PKR published by Dr. Dearborn and his colleague, orthopedic surgeon Erik McDonald, MD, it offers these patient outcomes:

- **Reduced Pain and Faster Recovery:** Because Oxford PKR is less invasive than total knee replacement, it results in less postoperative pain, quicker rehabilitation, and earlier return to daily activities. Many patients walk unaided within days and resume low-impact activities in a matter of weeks.
- **Natural Knee Function:** The mobile bearing design mimics the knee's natural movement, providing greater flexibility and range of motion compared to fixed bearing partial or total knee replacement systems.
- **Lower Risk of Complications:** Studies have shown that patients undergoing Oxford PKR have a reduced risk of infection, blood loss, and complications such as deep vein thrombosis compared to total knee replacement.

"We are all very impressed with the Oxford Partial Knee!" said Vicky Feng, a 24-year Washington Health physical therapist who has been working with recovering patients that received the implant. "It's incredible to see how stable



John Dearborn, MD, FAAOS



Erik McDonald, MD

patients look and feel, and how smooth their gait is immediately after surgery, and with minimal discomfort. This implant gives patients a knee that feels and functions as close as possible to their natural joint."

Cementless Partial Knee Candidates

People with osteoarthritis confined to the medial (inner) side of the knee and who have intact knee ligaments are generally candidates for this partial knee replacement. Relatively good knee alignment and range of motion prior to surgery as well as overall good health and stronger bones are also favorable considerations.

"While several implant companies have partial knee replacements on the market, the Oxford system remains the benchmark for excellence because of its mobile bearing design and cementless technology," said Dr. McDonald. "This gives patients a high-performing, long-term option in place of total knee

replacement or fixed bearing cemented partial knee implants that were the primary alternatives before now."

"Washington Health is well known for its top-notch IJRR — and for good reason," said Feng. "The team's excellence shows through its specialized staff, highly skilled surgeons, strong emphasis on patient education, and uncompromised patient care. The addition of the Oxford unicompartmental knee implant is yet another example of the program's dedication to innovation."

To learn more about partial knee replacement and to read the white paper mentioned above, go to Dearbornassoc.com/services/partial-knee-replacement/. For more information on the Washington Health Institute for Joint Restoration and Research, visit WashingtonHealth.com/IJRR or scan the QR code below.



"Because of its proven longevity, the Oxford PKR allows us to offer a superior, permanent solution to patients who might otherwise have needed another replacement in their lifetime."

—John Dearborn, MD