

3rd International Conference and Exhibition on **Orthopedics & Rheumatology**

July 28-30, 2014 DoubleTree by Hilton Hotel San Francisco Airport, USA

Functional outcomes of UKA in Asians at medium-term follow-up

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Despite of good survival record, little has addressed the functional outcomes of UKA in Asian patients. This study evaluated the functional outcomes of UKA in Asians with 6-year follow-up. This cohort consisted of 62 UKA in 58 patients performed by one surgeon between 2004 and 2013. Only one type of prosthesis was used and all components were cemented. Postoperative rehabilitation included ambulation with weight bearing and range of motion and muscle strengthening exercise. The evaluations included functional score, IKDC score and radiograph of the knee. Significant improvements in functional score and IKDC score were noticed postoperatively ($P<0.001$). The IKDC knee rating showed normal in 53%, nearly normal in 37%, abnormal in 6% and severely abnormal in 4%. Functional participations included kneeling in 80%, squatting in 71% and sit-to-stand activity in 100% that perfectly suited the oriental life style. On radiograph, significant improvement in femoro-tibia alignment and replicate of tibia slope were observed after surgery ($P<0.001$). Non-progressive radiolucency was noted in 2 knees. Patellofemoral arthritis was 29% pre- and 34% postoperatively, and no difference in functional outcome was noted with and without patellofemoral arthritis ($P=0.250$). Complications included cement protrusion in 6 knees, and pain of unknown reason in 2. There was one revision of UKA to TKA and one pending revision due to component mal-position that resulted in 4% revision rate and 96% survival rate at 6-year follow-up. In conclusion, UKA relieves pain and restores function of the knee with high patient satisfaction in Asians at 6-year follow-up.

Biography

Ching-Jen Wang, MD, graduated from National Taiwan University, College of Medicine, Taiwan in 1965. He received his orthopedic residency and fellowship training in NYC, USA. He is an American board certified orthopedic surgeon and currently holds a faculty appointment as clinical professor at Chang Gung University College of Medicine, Taiwan. He also serves as a consultant orthopedic surgeon at Kaohsiung Chang Gung Memorial hospital. He has conducted over 70 research projects, and authored and co-authored more than 200 papers published in peer review journals. He has been serving as the reviewer of many journals. During his professional career, he has received numerous prestigious academic and service awards. His primary areas of interest and expertise include knee and hip replacement surgery, sports medicine, ligament reconstruction and extracorporeal shockwave medicine.

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