Celebrate Life, Pain-Free - Yes, It’s Possible!
How joint replacements can change the game and keep you active as you age
by Centura Health (Paid Content)

What Are Common Reasons for Joint Replacement?
As you age, you may experience more stiffness, loss of mobility, and increased pain in your joints. A major reason for this is osteoarthritis, a condition that occurs when the protective cartilage that cushions your joints wears down over time. Osteoarthritis causes bone and cartilage to become irregular and rough, a problem that gets worse as you get older. Here’s what to know about your joint replacement options and how to get the top-quality care you deserve so you can enjoy a pain-free life.

What Are the Symptoms?
If you’re wondering when it’s time to consider joint replacement, there are a few indicators to consider. If you are having trouble walking long distances, or if joint basic, bending, sitting, and moving from one side to another feels increasingly difficult, it’s good to check in with a medical professional.

Common Issues include:
- Trouble sleeping or waking because of pain
- Restricted range of motion
- Hip pain (usually starting in the groin, on the inside of the hip, or sometimes in the buttock, and developing slowly)
- Knee pain (walking, sitting, climbing, or getting on the tread)

Is Joint Replacement Right for You?
Nancy Moore, a resident of Colorado Springs, CO and an avid hiker, knows the benefits of joint replacement surgery firsthand. Moore suffered from knee pain which got progressively worse until she could barely walk. “I work on a college campus; I could not walk five buildings without pain,” she says.

Moore decided to make an appointment with Todd Miner, MD, at Centura Health Colorado Joint Replacement. “I told Dr. Miner I was there because I wanted to hike mountains again,” he told me,” she says. Despite worries about how the procedure would turn out, Moore found talking with Dr. Miner put her mind at ease. “He felt like I could ask questions, and he always listened,” she says.

Two knee replacements later, Moore is back in the game. “I can stretch out with no pain,” she says. “I could even run. It had to be great getting better and better.” She even votes Colorado’s favorite tourist destination shortly after her surgery. “I can’t even describe the feeling,” says Moore. “If you keep maintaining the exercise and therapy, they give you, you really can be amazing things.”

Why Do It Now?
With all the talk about aging on your mind, talking to a doctor about surgery may be the last thing on your mind. But joint replacement is not something you want to put off. Let’s understand, many patients can get worse over time. If you have previously had surgery to alleviate joint pain, but are still experiencing symptoms, it might be time to see a second opinion to see if joint replacement is an option.

Lastly, many people return to their everyday activities pain-free after undergoing joint replacement surgery. You don’t have to give up doing what you love.

Click here to learn more and schedule a consultation with Centura Health’s five-star rated Colorado Joint Replacement facility in Denver or Lone Tree. A pain-free life awaits!