

Welcome to the third issue of Hip and Knee News, a newsletter for Patients, General Practitioners and Health Care Professionals.

As we head into the Autumn and Winter months it's natural to take stock of the year so far. The BHR has now entered its 15th year of clinical use, and Mr McMinn's patients continue to reap the benefits. We are delighted that our patients pursue highly active lifestyles, including one man training to climb Mount Aconcagua, Argentina this January. At 7000m, the highest peak outside the Himalayas, he's got his work cut out!

Mr McMinn recently travelled to Beijing for the official launch of the BMHR (Birmingham Mid Head Resection) in China. As the pioneer of the BMHR, Mr McMinn's expertise was in strong demand as Chinese surgeons got to grips with the new technique. Mr McMinn developed the BMHR in 2003 to address patients who wanted a conservative hip replacement but were unsuitable for hip resurfacing. The BMHR has since proven a versatile treatment option for active patients with diagnoses such as Perthes' Disease and Avascular Necrosis (dead femoral bone), particularly prevalent in the Far East.

Hip and knee arthritis continue to affect the quality of life in patients of all ages. Here at the McMinn Centre we are pleased to offer a variety of bone-conserving treatments specifically aimed at active patients of all ages.

Unravelling the suitability and the benefits of these treatments can sometimes be daunting. This newsletter is an attempt to provide evidence-based choices for GPs and their patients. We use real-life case studies as starting points and aim to highlight matters of current interest in the field.

The McMinn Team continue to look forward and embrace the challenges and advances in hip and knee replacement. We hope you find this newsletter useful and informative. If you have any queries, please don't hesitate to get in touch. Our contact email address is:

enquiries@mcminncentre.co.uk



Derek McMinn MD FRCS
Consultant Orthopaedic Surgeon

Hip Resurfacing Success for Pro Golfer Andrew Murray *Andrew's 10 Year Birmingham Hip Resurfacing is Still Going Strong*

Andrew Murray is a professional golfer and former European Open Champion from Cheshire. In the late 1990s, severe hip arthritis began to affect his mobility and his career started to suffer. A right sided BHR helped him get back to an active lifestyle.

"I was really struggling with a hereditary hip condition," recalls Andrew. "So much so that I couldn't get round the golf course without 6 or 8 anti-inflammatories inside me, let alone practice afterwards. I certainly couldn't do that.

"I'm sure that the mechanics of my game had a bearing on the injury, and my mechanics were poor. They're probably a bit better now. But the mechanics of my golf swing were very down into my left side and snappy. And I did it a lot – I practiced tonnes as a young Assistant Pro."

After enduring years of discomfort, he realised surgery was his only option. He knew about traditional hip replacements but doubted their suitability, "I didn't want to go for the total hip replacement because the mobility I would lose would be massive." Total hip replacements, often used in older, less active patients, have high dislocation rates and poor long-term outcomes when used in younger patients with a higher demand for physical activity.



Fortunately, Andrew heard about an alternative treatment, the Birmingham Hip Resurfacing (BHR). Pioneered by Mr McMinn, the BHR is specifically designed for young and active patients. The BHR is a bone-conserving hip implant which restores the natural anatomy of the joint. It offers a good range of movement, excellent stability, a reduced risk of dislocation and better revision options compared to total hip replacements.

After hearing about the many success stories, Andrew decided a BHR with Mr McMinn would be his best chance of getting back on the golf course.

"I booked myself in [for surgery] immediately after the golf season finished in November 1999 and it's been fantastic ever since. Three months later I was playing golf and I've played tennis and swimming. To be honest I've never looked back.

"People said I looked younger purely because the pain on my face had gone. I was taking no more anti-inflammatories. I've hardly taken one since and 10 years down the line, I'm feeling fitter than ever.

"That I can swing a golf club completely and utterly pain-free is beyond my wildest dreams. It's a revelation. The BHR has changed my life completely."

In light of his experiences, Andrew is now committed to helping other golfers prevent ailments like his. He says, "In my coaching role now I definitely talk more about mechanics and how to protect hips, backs and elbows and all the injuries that golfers tend to get."

Mr McMinn pioneered the BHR in 1997, so the procedure was still fairly new when Andrew came for surgery. The McMinn team performed huge amounts of research during those early years to test the BHR. This research included an x-ray study to test the stability and fixation of the first 350 BHRs. Andrew explains, "I was in the pilot study to ascertain whether there was any movement within the joint whatsoever, and there's not a millimetre of movement [of the implant in the bone] within mine."

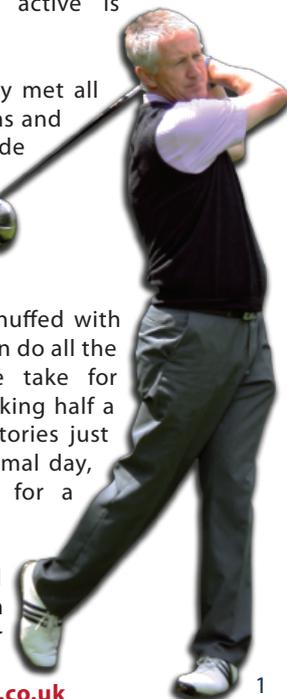
Today, Andrew is part of Mr McMinn's cohort of over 3,200 satisfied BHR patients. The fact that Andrew is still so active is testament to this.

The BHR has certainly met all Andrew's expectations and more than a decade after surgery, he continues to compete at the highest level.

He says, "I'm really chuffed with the mobility. And I can do all the things most people take for granted that I was taking half a dozen anti-inflammatories just to get through a normal day, let alone play golf for a living."

Andrew Murray's full video interview can be found over on our website:

www.mcminncentre.co.uk



Colin's All Straightened Out

He's back to an active lifestyle following his Birmingham Knee Replacement

The Birmingham Knee Replacement (BKR) is a new knee replacement, enabling patients to be highly active following surgery.

Colin from Derby had a right BKR at the BMI Edgbaston Hospital with Mr McMinn in April 2010. During surgery, Mr McMinn was able to address Colin's badly bowed leg and straighten it. Less than 12 months later, he's back to his favourite hobbies.

Colin's an Energy Consultant who enjoys snow skiing and water skiing. Ever the thrill-seeker, his knee problems began 30 years ago during a rock climbing accident. He recalls, "I would've probably done better to break my leg, but unfortunately what I did was damage the cartilage. I then had two knee operations to clean the joint up. And since that I had to use knee braces to enable me to keep doing sport."

He was able to stay active, but the knee brace would only be a temporary fix. Sure enough, 12 months before surgery he began to struggle. "I started to have difficulty walking any distance without great pain. And my leg had got to the stage where it was very bowed. I made the decision to have a knee replacement so I could carry on doing sport."

"I had been to another consultant who said yes, I could have a knee replacement. But afterwards I would have to stop all the sport I do. When I came to see Mr McMinn, my first question was 'should it be possible to both water ski and snow ski after the operation?' And the answer was yes!"

Colin was offered a "regular" knee replacement by the first consultant he went to see. The main problem with these sorts of knee replacement is that they don't function as a "natural" knee does.

There are a number of knee replacements on the market, which all follow a conventional, if slightly outdated, design. The shape of these knee replacements restrict the movement of the knee cap during flexion. As a result, patients experience pain and tightness at the front of the knee, limited leg bending and struggle with day to day activities. As Colin found out, these patients usually have to give up their hobbies and settle for less active lifestyles too.

Mr McMinn is committed to getting his knee patients active again. He designed the BKR to match the shape and kinematics of the natural knee. Unlike regular knee replacements, the BKR allows the knee cap to move in its intended motion during flexion, providing comfort and confidence for patients.

The Birmingham Knee Replacement provides excellent stability, superb knee function and significantly lower wear compared to traditional knee replacements. And after surgery, patients find that they can get back to their favourite hobbies, including golf, swimming and tennis.

An Added Bonus

Mr McMinn was also able to straighten Colin's bowed leg during surgery. Colin explains the extent of the damage, "Before the operation my right knee was bent in such a way that I could actually fit three fingers between my two knees. I can now put my legs together and my knees will touch. My leg has been straightened, which so they tell me, makes me look 10 years younger!"



Colin's knee x-ray before and after surgery, showing how his bowed leg has successfully been straightened.

Rehabilitation and Recovery

For Colin, rehabilitation after surgery was challenging. But this is true with any type of knee replacement. "Immediately after the operation to get the most out of your knee, you need to go to a physio," he advises. "Find out how to build the strength up and then start working at it."

"I don't know whether I'm a slight eccentric, but I used to set the alarm every hour and every hour I would do the exercises. From there, I got a static trainer to fit on my bike to build the strength up and increase the bend."

The challenge of recovery was worth it though and Colin soon got back to his normal life. "I would probably say inside 2 weeks I'd managed to get rid of the crutches and I could walk reasonably well," he says. "12 months on, I've virtually got the full bending of the knee the same as the other one. Whereas before the operation, 90 degrees [of flexion] was probably all I could get."

The BKR has transformed Colin's quality of life. Had he gone for surgery with the first consultant he'd seen, things might be very different. He says, "I can walk normally and go up and down stairs without any difficulty." Most importantly, he's back to doing the sports he loves and there's no looking back. "I'm very well pleased. Inside five months I was water skiing again. Inside nine months I actually went snow skiing again!"

Colin's so satisfied, he's even recommended BKR surgery to other active friends, "I have a friend at the moment who I've skied with for many years, who is very close to a knee operation. And I'm sure when he does, the person he'll be turning to is Mr McMinn."

Mr McMinn is the pioneer behind the Birmingham Knee Replacement and one of only two consultants worldwide who can offer the treatment to his patients.

To find out more about the BKR and to see Colin in action water skiing, please see our website:

<http://www.mcmmincentre.co.uk/birmingham-knee-replacement.html>



'Inside five months I was waterskiing again. Inside nine months I actually went snow skiing again!'

Iron Mike's Back in Action

Former Mr Universe and Action Movie Star 'Iron' Mike Mitchell talks about his BHR Success

Captain Mike Mitchell is a former Mr Universe, former Fitness World Champion and Professional Actor whose film credits include *Braveheart* and *Gladiator*.

A British expat living in Turkey, Mike travelled for BHR surgery with Mr McMinn in November 2010. Within 12 months, he's back to fitness, sailing on his yacht and starring in action movies.

We caught up with Mike on the set of his new film *Rose*. "This is a very special movie for me," he says. "It's a real hard hitting drama that's based on a true story."

Mike's into the third week of filming. Spending most of the working day on his feet, Iron Mike is the last person you'd expect to have a false hip. "There's not so many stunts on this movie but we've been doing 16, 17 and 18 hour days," he comments. "And to be honest, the hip is the last thing I think about."

Mike explains things were quite different before surgery, "It was a constant gnawing hip pain and it wasn't going away. One day I fell on the yacht and it was excruciating. I couldn't sleep at night thinking about the pain. It really came to a head when friends around me told me I was limping really badly."

To address the discomfort, Mike's GP referred him to a specialist hospital in Istanbul. "I saw a Professor who said I'd got some pretty severe damage and they were going to have to carry out a full hip replacement as soon as possible."

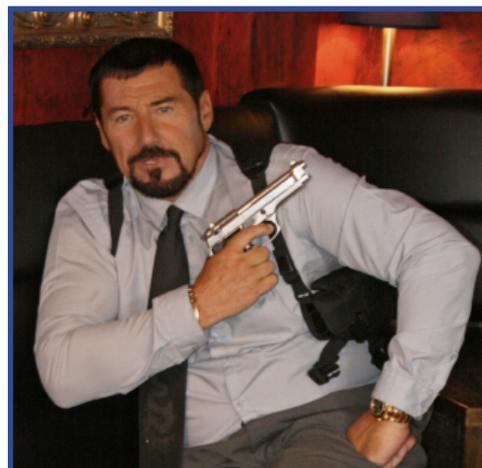
But there was a surprise in store, "[the Professor] went on to say that I wouldn't be able to sail for 12 months, that I wouldn't be able to do any fitness. He also said I'd have to forget about an action movie I had booked in. I was in depression about the whole thing." Unconvinced by the total hip option, Mike sought an alternative.



Happily, Mike found a solution through one of his sailing buddies. "My friend advised me that he'd had a 'hip resurfacing' done in Birmingham and he was back skiing less than two years later," he explains. "So I realised there was light at the end of the tunnel and it was time to explore." Mike was attracted to the BHR because it is bone-conserving and would allow him to be very active following surgery.

Impressed by what he'd heard, Mike began researching The McMinn Centre. "I got slotted in very quickly and went across to Birmingham," he says. "Amazingly enough, 4 days after surgery I really did feel so full of energy. The pain had gone completely. I expected it to be a lot worse from the pain aspect and the mobility. But it was unreal."

"From the initial consultation with Mr McMinn, it really felt like I was in the hands of a man that knows what he's doing. And it isn't difficult when you live abroad. Everyone was so kind and all the paperwork came through. It was really good that they took care of everything."



Mike on the set of his new movie *Rose*, playing the part of bad guy Blondie

Keen to make the most of his new mobility, Mike went straight back to fitness training following surgery. "I went back to the gym within 3 weeks which was a little bit stupid," he admits. "But I felt fantastic."

"Six weeks later I flew to Gibraltar and brought a friend's yacht back to Turkey which was about 1,875 miles." The journey wasn't easy on his hip either. "We hit two periods of very bad weather, into storm force 10. Which means you get thrown around a hell of a lot!"



"Many people said [the hip's] too weak, it won't stand up to the punishment. But I had no problem at all. Absolutely none."

For Mike, the decision to have surgery at the BMI Edgbaston Hospital was easy. "My whole life has been about finding the best. When I trained for Mr Universe I found the best trainer and the best nutritionist. So with the greatest respect to all the other consultants that carry out the procedure, it made logical sense to me to go back to the teacher. To go to the man that is the world expert - Mr McMinn."

"Derek McMinn never said don't do anything in a specific time. He just said do what you think you can do, don't over-stretch it, protect it and look after it and it will last you a long time. The whole operation seemed so logical in my mind that it was actually a pleasure, if you can have pleasure from having a hip replacement!"

Thanks to the BHR, Mike's back in action. "It's allowed me to go back to action movies within a very short space of time. I did a film called *Revenge* in the middle of February. The role called for an immense amount of stunt work. I went right to the end of it doing a lot of jumps and dives and didn't think about the hip once."

You can view Mike's full interview at: www.mcminncentre.co.uk/iron-mike.html

Pictures courtesy: www.iron-mike-mitchell.com



Overseas Patients

Mike's one of an increasing number of patients travelling from abroad for treatment with Mr McMinn - one of the world's leading experts in conservative joint replacement. Here at The McMinn Centre, we provide world-class healthcare for patients from around the globe.

We understand it may be daunting for some patients to travel from overseas for treatment. However, many patients find treatment at The McMinn Centre a more affordable solution to their hip problems. In recent years Mr McMinn's patients have travelled from countries like the USA, Brazil, Australia, South Africa, Russia, Dubai, Egypt, Hong Kong, Uruguay and India to name a few.

If you require any more information, please see the following webpage: <http://www.mcminncentre.co.uk/overseas-patients.html>

Recovery Update - Jim's back to high impact sports one year after his BHR

You may recall reading about Jim's recovery in our previous issue. To treat his osteoarthritis, Jim had a right BHR with Mr McMinn in June 2010. He kindly agreed to be interviewed during his hospital recovery and we've caught up with him regularly since.

Jim quickly found he was pain-free and mobile after his surgery at the BMI Edgbaston Hospital. Following advice from our physio team, he waited around a year before starting high impact exercise. "After about 11 months I started running again on the treadmill. I'm well and truly back in the gym increasing the intensity, on a typical week getting in two or three times."

Jim's recovery goes from strength to strength. He's enjoyed an active summer with his two young sons, "I've been coaching quick cricket throughout the summer with the boys and I can participate in everything. There's nothing I can't do really."

We're thrilled Jim's reached such a high level of mobility. But it's no coincidence he's doing so well. Many of Mr McMinn's patients go on to be extremely active. 92% of male patients with osteoarthritis treated with one BHR go on to play regular sports. 62% of male patients go on to play high impact sports like judo, football, skiing, ice hockey and squash to name a few.

Jim's taking every opportunity to be active. He starts training for the 2012 Great North Run soon. He comments, "All my expectations have been met. [I have] a good range of flexibility, and sometimes it actually feels better than my left hip! I'm pleased I've received the care I've had and I would highly recommend it." You can view all four of Jim's video diaries on our website: www.mcminncentre.co.uk/recovery.html



Mitchell Celebrates Two Decades with his Hip Resurfacing



Metal-on-Metal (MoM) Hip Resurfacing has been around longer than people realise. The BHR belongs to a family of MoM resurfacings that Mr McMinn began developing in the early 90s. Hip resurfacing was of course introduced as an alternative to total hip replacement (THR). It was aimed at younger patients whose active lifestyles made them unsuitable for a THR.

Mr McMinn's earliest MoM design was *The McMinn Resurfacing*, implanted in a number of patients in 1991. One of those patients, Mitchell from Shropshire, was just 24 when he had surgery. This summer, Mitchell reached a phenomenal milestone: 20 years with his hip resurfacing.

"Before the operation, things were pretty dire," he explains. "I'd dislocated my leg and the pain was intolerable. I had Mr McMinn's resurfacing and after a bit of physio, my life was back together again. It was incredible." 20 years on, Mitch's hip is still feeling great. His x-ray series (below) show an excellent clinical outcome.

Back in 1991, Mitch's options were limited. He could've had a THR. But as Mr McMinn advises, total hips quickly wear out in active young men, requiring revision surgery. Instead, the hip resurfacing's allowed Mitch to lead a full and active life. "I've done so many things since the operation," he says. "I could sprint and run if I had to - I could out-run anybody."

For Mitch, his hip's never felt better. He explains, "10 years came, then 15, and now 20 years has come and I'm not worried in the slightest about my hip. I know it's going to last. It just feels part of me now. Mr McMinn has changed my life."

See Mitch's full interview on our website: www.mcminncentre.co.uk



The McMinn Centre - Profile

The pioneering work of Mr McMinn in the field of hip and knee arthritis has, over the years, created a large, well-documented cohort of patients with ongoing follow-up. These patients offer a great opportunity to research the efficacy and longevity of orthopaedic devices. To direct and co-ordinate his clinical and research work, Mr McMinn established The McMinn Centre.

The McMinn Centre is a centre of excellence where patient care goes hand in hand with research on hip and knee sciences. Our research has led to over one hundred pieces of published literature in the last few years, with several original citations and papers.

The centre also coordinates an ongoing educational programme for surgeon training. Doctors come from all parts of the world to closely observe and gain an insight into the surgical techniques developed and perfected by Mr McMinn in the specialist field of conservative arthroplasty.

Over the years, Mr McMinn has built up a team of dedicated staff who are passionate about their role as facilitators of patient care. They are committed to transforming the sometimes worrisome preoperative period into a smooth, easy process for patients.

We are always pleased to hear from new patients and offer a professional, personalised service.

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