



New home device to treat severe stiffness and pain following knee surgery

Patients with arthrofibrosis — a debilitating condition characterised by excessive scar tissue around the knee joint — suffer from loss of motion, stiffness and sometimes significant pain.

Arthrofibrosis (commonly known as stiffness) poses challenges in treatment, as conventional physiotherapy typically falls short, offering limited appointments. Home exercises lack the necessary intensity required to break down dense scar tissue, the cause of the problem.

Knee device for severe stiffness and pain
Dr Sara Aspinall, a specialist knee physiotherapist, has introduced a groundbreaking solution for knee replacement patients suffering from stiffness. Her innovation offers hope to the approximately 20% of knee replacement recipients who are left dissatisfied.

Dr Aspinall's research has led to the development of the STAK (Self-Treatment Assisted Knee) — a medical stretching device designed to empower patients with high-intensity stretching that can be performed in the comfort of their homes. This novel approach restores the knee's range of motion and enhances overall quality of life.

Improving range of motion

In an eight-week clinical trial published in the Bone & Joint Journal, patients using the STAK achieved a remarkable 30 degrees increase in range of motion on average, compared to just 8 degrees for those receiving standard physiotherapy. When the standard treatment group incorporated the device for an additional eight weeks, they saw an additional mean increase of 20 degrees.

Feedback from professionals

The device has earned widespread praise from leading surgeons, physiotherapists and patients throughout the UK. Professor Robert Ashford, from UHL NHS Trust, describes it as: "A simple yet

highly effective daily routine with really excellent functional results." Fellow consultant orthopaedic surgeon Steven Godsiff lauded it as a: "Fantastic, low-cost and highly effective alternative treatment."

Liz Jacobs and Jack Codd, knee specialist physiotherapists at the Royal Devon and Exeter Hospital, highlight the device's user-friendliness and convenience. "Patients can control the stretch intensity, track their progress, ensuring a safe, effective and motivating rehabilitation process."

Professor Andrew Toms, National Clinical Lead for Revision Knee Surgery, highlights the importance of addressing stiffness in knee replacements. "Our role as surgeons, physios and researchers is to keep innovating to help solve this difficult multifactorial problem. The STAK tool gives us a new approach and has the advantage of being an active technique, with a prolonged flexion stretch."

Benefiting patients with severe knee stiffness

Sara explains: "Patients report immediate benefits, with increased mobility and comfort after their initial session." Gillian, 67, shared after her first session: "It feels as if I've loosened something off, and I can bend my knee more already!" Rhiannon, 73, expressed joy after four weeks of treatment: "I'm really happy I've got back to full life, and I feel 10 years younger." With this device, there is hope for a pain-free future for patients who have endured the challenges of stiffness for too long.



INTERVIEW WITH
Dr Sara Aspinall
Specialist Knee
Physiotherapist

WRITTEN BY
Angelica O'Toole

Dr Sara Aspinall welcomes inquiries from patients, surgeons and physiotherapists. See further details and testimonials at stakneestretcher.com



Useful tips to help manage pain while waiting for surgery

For those waiting for a joint replacement or similar procedure, here are some tips to help you manage your pain while you are waiting.

The latest Government figures show that over 800,000 people are on orthopaedic waiting lists, with 25% of these awaiting an operation. Living with joint pain and stiffness is challenging. The symptoms significantly limit your ability to take part in simple activities and reduce your quality of life; it can seem impossible to climb a flight of stairs or make a simple meal.

Follow recommendations and move in moderation

Firstly, your GP should offer guidance on pain management strategies that align with your specific condition and medical history. They may recommend certain medications, physical therapy exercises or other interventions tailored to your needs. Overall, moderation in all things is the key to controlling your symptoms. Do exercise in moderation but also take simple analgesics, and remember that relative rest from painful activities is sensible.

Take the right medication

Simple pain relievers or non-steroidal anti-inflammatory drugs (NSAIDs) help with mild to moderate joint pain. However, do follow your doctor's advice/packet information regarding dosage and duration. Be mindful that there can be side effects.

Hot and cold therapy

Applying heat or cold to the affected

joint can provide temporary relief. Cold packs reduce inflammation while hot packs or warm baths help relax muscles and ease stiffness.

Engage in gentle exercise

It's important to keep mobile, so low-impact exercises like swimming, walking or stationary cycling are helpful and don't strain joints unnecessarily. They reduce fatigue and make it easier to walk a little further or a little longer.

Manage your weight

Adopting a balanced diet and maintaining a healthy weight is crucial, as excess weight exacerbates joint pain.

Practice mindfulness

Practices such as meditation, deep breathing and mindfulness help manage pain by promoting relaxation and reducing stress. Activities that keep you mentally busy distract you from the physical discomfort.

Seek emotional support

Dealing with joint pain and the wait for surgery can take an emotional toll. Get support from friends, family or a mental health professional to manage anxiety and maintain a positive outlook. The charities Arthritis Action and Versus Arthritis have a wealth of information on their websites. They also highlight local support groups that can help.



WRITTEN BY
Deborah Eastwood
President, British
Orthopaedic
Association

You can find more resources on managing your pain while waiting for surgery on the BOA website at boa.ac.uk/patients



Paid for by STAK
Orthopaedics Ltd

mediaplanet

Future of Healthcare

Including a special feature focused on Managing Pain

www.healthawareness.co.uk
www.businessandindustry.co.uk

Q3 2023 | A promotional supplement distributed on behalf of Mediaplanet, which takes sole responsibility for its content

“We need to do things differently to recognise the enormous value and potential that healthtech brings.”

Jonathan Evans, Director, Communications & Events, ABHI

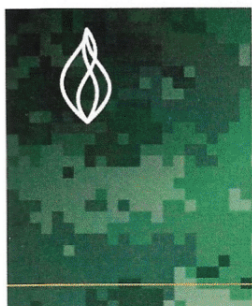
Page 02



“My braces allow me to carry on with the activities that I love doing, like running, even with the osteoarthritis.”

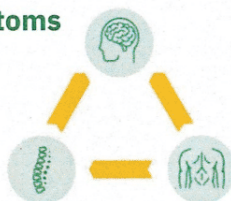
Alan Henshall, Oesur

Page 08



Treat the **Cause**, Not the **Symptoms**
of **Chronic Low Back Pain**

Scan the QR code
to find out more



ReActiv8[®]
Life