

Is Joint Surgery Right for You?

September 24, 2026

Jennifer's Journey

- Diagnosed with juvenile arthritis at 9 months old
- Joint replacement: double hip arthroplasty in 2010
- Diagnosed with Interstitial lung disease and myositis in 2018
- Joint replacement: Total ankle arthroplasty in 2025



Every year in the United States, well over a million hip and knee replacements are performed, making joint replacement one of the most common and successful surgeries in modern medicine.

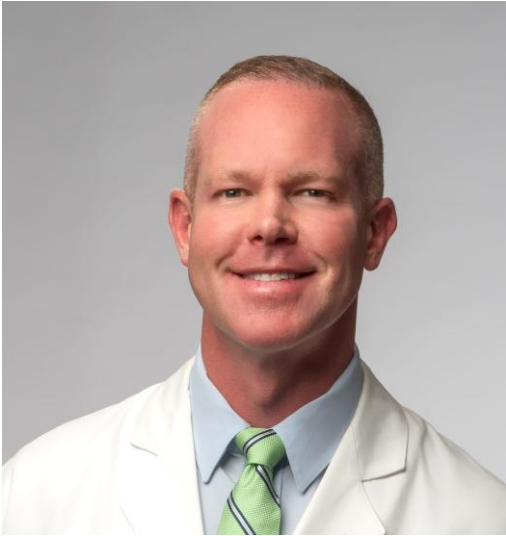
You will learn:

- Understand when joint surgery may be recommended.
- Learn how to prepare for surgery and recovery.
- Explore rehabilitation and long-term outcomes after surgery.

Note: We have additional on-demand webinars focused on other topics including, pain management, nutrition, physical activity and complimentary medicine.



Speakers



Matthew Willis, MD



Matthew Christie, MD



Joseph Niland, MD



The Real Goal

Less About Pain, More About Living

- Move more comfortably
- Do daily activities
- Return to what matters most
- Joint replacement is primarily about improving function, pain reduction and quality of life.



How do you know when it's time for joint replacement? It's not when your X-ray looks bad. It's when arthritis begins to take away the things that make life meaningful.

Exploring Treatment Options

Move More

Exercise & physical activity

Build Strength

Physical therapy

Manage Symptoms

Medicines & injections

Support Your Joints

Bracing, Weight management



How Do I Know I'm Ready?

Pain affects daily life
Sleep is regularly interrupted
Other treatments no longer help enough

- Consult your primary care physician about your pain and function.
- Ask about referral to orthopedics.



Surgical Options

- Arthroscopy
- Osteotomy
- Synovectomy
- Fusion
- **Total Joint Replacement AKA Arthroplasty**



Understanding Joint Replacement

- Removes damaged joint surfaces
- Replaces them with artificial components
- Designed to improve movement and function



Questions to Ask

Physician

Experience

How often do they perform the procedure?

Evaluation

What imaging and testing are needed?

Implants

What options are available and how long might they last?

Insurance

- Prior authorization
- Out of pocket
- Provider network
- Physical therapy coverage
- Timing with deductible



The day of surgery is important. The weeks before surgery are more important.

Getting Ready for Surgery

- Optimize your health
- Eat well
- Stop smoking
- Support mental well-being
- Set realistic expectations
- Prepare for for post-surgery now



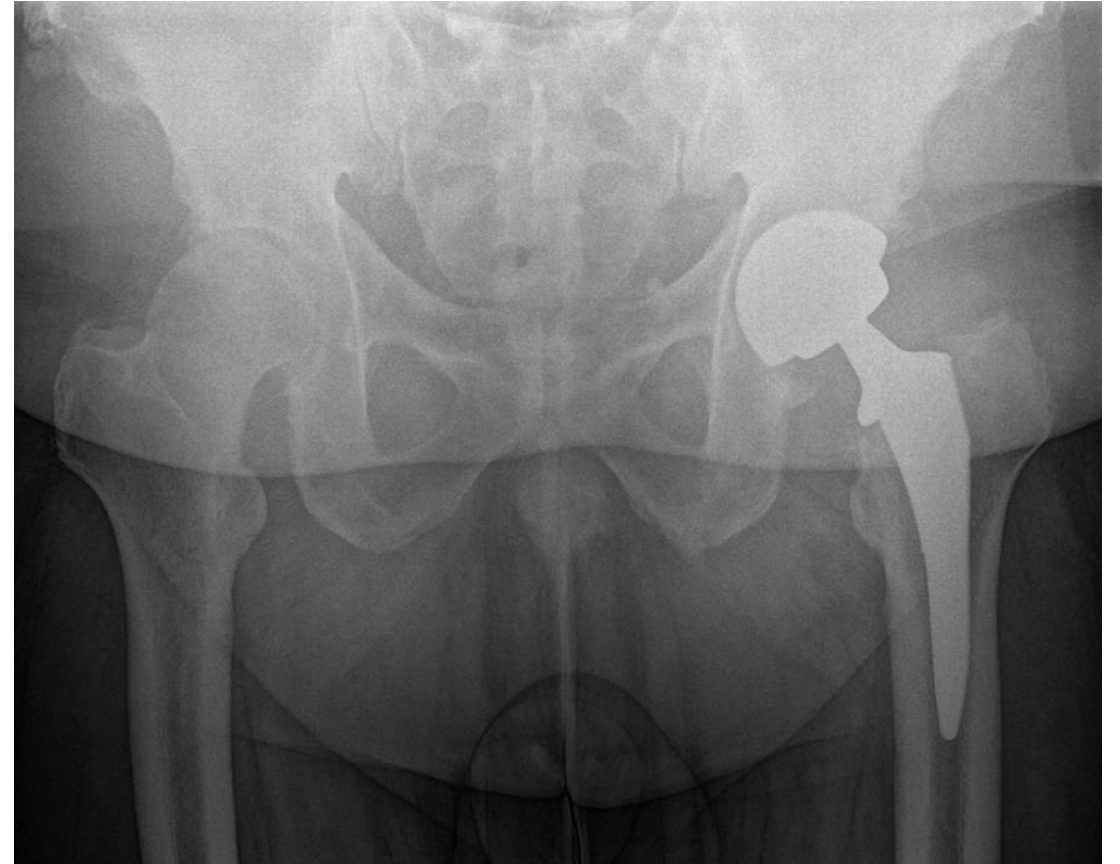
Knee Replacement

- Removes damaged joint surfaces
- Replaces them with artificial components
- Designed to improve movement, function and reduce pain

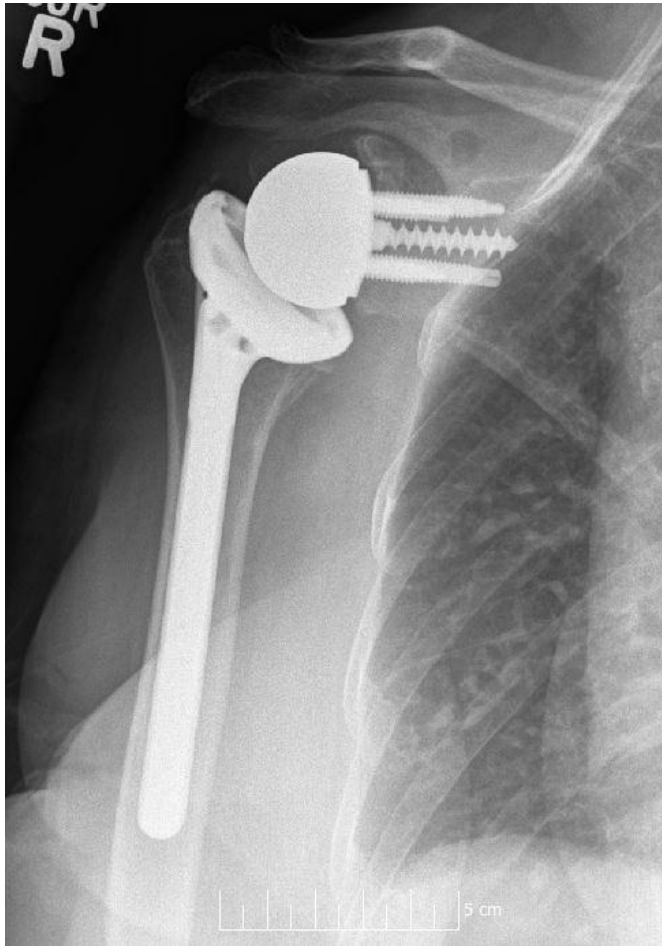


Hip Replacement

- Removes damaged joint surfaces
- Replaces them with artificial components
- Designed to improve movement, function and reduce pain



Shoulder Replacement



Traditional Shoulder Replacement

Used when the
rotator cuff is
functioning

Reverse Shoulder Replacement

Often used
when rotator
cuff damage
is significant



Recovery Roadmap

- Get moving soon after surgery
- Commit to physical therapy
- Pain management
- Protect against falls
- Nutrition and hydration
- Manage expectations



Future Directions

Regenerative Medicine

Research continues

Improved Implants

Longer-lasting designs

Better Pain Management

New recovery approaches



Key Takeaways

- The right time is personal
- Surgery is one option along the journey
- Preparation matters
- Recovery is an active process



Q & A

Arthritis Foundation Resources

Struggling with Arthritis pain? You're NOT alone!

For support and information to live your best life possible, go to:

Live Yes! Connect Groups: connectgroups.arthritis.org

Webinars: arthritis.org/webinars

Helpline: 1-800-283-7800 or arthritis.org/helpline



Connect Groups

Osteoarthritis Connect Group

October 9, 2026 3:00 PM - 4:00 PM EDT

Movement Matters Connect Group: Mindful Chair Yoga

October 18, 2026 12:00 PM - 1:00 PM EDT

Chronic Pain

Every Monday at 6 PM EDT

[Connectgroups.arthritis.org/](https://connectgroups.arthritis.org/)



Arthritis Foundation Helpline

Tailored support, information and referral for community programs and resources:

- Arthritis.org/helpline
- 1-800-283-7800
- helpline@arthritis.org
- Chat option available
- Bilingual staff/translation service



Thank You

Our webinars are supported by the generosity of the arthritis community. Please consider supporting the mission at www.arthritis.org/donate





