Fresh air and exercise

My father is a great believer in the medicinal benefits of a good walk in the fresh air. From a very young age I can remember being walked off track over hills and fields covered in muck and dirt and absolutely exhausted at the end of it.

Way trying to get a broody teenager out from under my feet. Nowadays I try to get out for a walk every day, sometimes even off track. Like many of us I use the solitude of this time to de-stress from a long days work and also many a personal conflict has been avoided by escaping for a walk.

For some the ability to go for a walk is not an option as their joints have become arthritic and painful. I can only imagine how distressing it must be to lose your independence with mobility and to no longer have that ability to escape outside away from everything. The development of technology and surgical interventions has provided the opportunity for these patients to have replacement joint surgery with a variety of implants now available for most of the body’s joints. Every year thousands of joint replacement surgeries are performed in the UK with the hip and knee joints being the most popular. This number will continue to grow with the aging population and so the longevity of an implant is important as most patients undergoing this type of major surgery will want a lifetime guarantee. James Min-Leong Wong et al discuss in this month’s journal “The role of navigation in total knee replacement surgery” and explain how computer assisted surgery is helping to increase the accuracy of joint implantation.

Their paper concludes that there is still a need for further research to improve the function and longevity of joint implants.

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