



## Muscle-sparing Knee Replacement FAQ

### WHAT IS “MUSCLE-SPARING” TOTAL KNEE REPLACEMENT?

This surgical approach to a knee replacement involves moving the muscles over and going under them (muscle-sparing) rather than cutting them. Another name for this approach is the “subvastus approach” or “jiffy knee”.

### IS MUSCLE-SPARING KNEE REPLACEMENT THE SAME AS “JIFFY KNEE”?

Yes they are the same. They pertain to the subvastus (under the muscle) anatomy. This approach to the knee means the important quadriceps tendon and muscles to the knee are not cut.

### WHAT ARE THE ADVANTAGES TO THE MUSCLE-SPARING APPROACH?

The quadriceps muscles are not cut and thus do not need to be repaired. This can lead to faster recovery with improved range of motion and function with physical therapy exercises. This exposure also has shown it can reduce pain and reduce post-operative swelling.

### IS THIS APPROACH COMPATIBLE WITH ROBOTIC KNEE REPLACEMENT?

Yes, these procedures are commonly combined. The ability to not cut the muscle during knee replacement along with the precision of robotic knee replacement can be the best of both worlds.

### IS EVERYONE A CANDIDATE FOR MUSCLE-SPARING KNEE REPLACEMENT?

Most individuals are candidates for this approach with the exception of individuals with certain previous incisions or large deformities. This will be discussed in the clinic prior to surgery.

### WHY DOESN'T EVERY SURGEON DO THIS APPROACH?

The subvastus approach requires specific training in the technique and experience managing the smaller soft tissue surgical space. The learning curve is well documented in orthopedic literature. Dr. Arntson performs this technique on most of his patients and his proficiency with this allows him to offer it to a broader range of patients.