Zimmer Minimally Invasive 2-Incision(TM) Hip Replacement Getting Patients Back in Action Sooner than Traditional Surgery

Aug 05, 2003

Orthopaedics Leader Zimmer Launches 2-Incision Procedure: 200 U.S. Surgeons Trained, Results of 300 Hip Replacements Released

WARSAW, Ind., Aug 5, 2003 /PRNewswire-FirstCall via COMTEX/ --

Hip pain sufferers now have a minimally invasive alternative to total hip replacement that is making surgery, recovery and rehabilitation faster and easier on patients: the Zimmer Minimally Invasive Solutions(TM) (MIS(TM)) 2-Incision(TM) hip replacement procedure.

Today, orthopaedics leader Zimmer Inc. (NYSE: ZMH) released the results of an MIS 2-Incision hip replacement 300-case study and announced that more than 200 specially trained orthopaedic surgeons worldwide offer the minimally invasive procedure.

New instrumentation and a patents pending muscle-sparing surgical technique are enabling surgeons to place the same clinically proven hip implant used in traditional surgery through two incisions of 1-1/2 to 2 inches each, rather than the standard 10- to 12-inch incision. The Zimmer MIS 2-Incision technique involves generally avoiding or separating muscles, ligaments and tendons rather than cutting through them, as is done in traditional hip replacement surgery.

"Most of my patients are walking with no support after eight days -- rather than six weeks as is typical after traditional surgery -- and are back to work in two weeks, compared to the standard three months," said Richard A. Berger, M.D., a pioneer of the new technique and an orthopaedic surgeon at Rush-Presbyterian-St. Luke's Medical Center, Chicago. "They're in less pain and back to their regular activities sooner because their muscles and tendons were not cut as they would be if they'd had traditional surgery."

Potential benefits of Zimmer MIS 2-Incision hip replacement compared to traditional surgery include:

- less tissue trauma;
- smaller scars;
- shorter hospital stay -- 1-2 days (rather than 3-5 days), with some patients able to go home in less than 24 hours;
- reduced blood loss and less need for pre-surgery blood donation;
- faster, less painful rehabilitation; and
- the possibility of a quicker return to work and daily activities.

Majority of patients leave hospital in 24 hours or less

Of more than 300 patients at three medical centers who were treated with the Zimmer MIS 2-Incision procedure, over 80 percent were discharged to their homes within 24 hours or less of their surgery, according to a report made at the recent annual meeting of the American Orthopaedic Association (AOA).

The surgeons who performed the procedures were Dr. Berger; Mark Hartzband, M.D., of Hackensack University Medical Center (Hackensack, N.J.); and Paul Duwelius, M.D., of St. Vincent Hospital and Medical Center (Portland, Ore.), who presented the results at the AOA meeting.

While further follow-up on the procedure's results is ongoing, there is a clear trend, according to Dr. Duwelius's presentation. "The average hospital stay has dropped from four days with the traditional procedure to one day with the 2-Incision technique," he said. "Physical therapy has been much faster with the patient participating in rehabilitation the same day (of surgery). Patients seem to tolerate the 2-Incision procedure much better than the traditional total hip arthroplasty procedure. The 2-Incision procedure has achieved safe and effective results in three centers presented in this symposium with over 300 cases included."

The first Zimmer MIS 2-Incision hip replacement procedure was performed in February 2001 at Rush-Presbyterian-St. Luke's Medical Center in Chicago, based on concepts identified by Dana Mears, M.D., of UPMC Shadyside Hospital at the University of Pittsburgh Medical Center.

In July 2002, Zimmer released the results of the MIS 2-Incision hip replacement early clinical study representing Dr. Berger's first 50 consecutive cases since the procedure was standardized. Dr. Berger reported that three out of four patients chose to leave the hospital the day of surgery, and the remaining 25 percent went home the day after surgery. No patient stayed in the hospital more than 23 hours. All patients were discharged to home and none to sub-acute care facilities.

"Post-operatively, I have had no complications, no readmissions and no dislocations," Dr. Berger said. "Radiographically, the overall alignment of the components was excellent and all have shown normal ingrowth."

Zimmer commits more than $20 million to minimally invasive joint replacement

Zimmer, the recognized leader in minimally invasive joint replacement, continues to devote considerable financial resources to the development of less-invasive surgical tools and techniques.

"Zimmer will invest more than $20 million in advancing MIS joint replacement in 2003, expanding the availability of these procedures and extending our lead in developing techniques and technologies," said Zimmer Chairman, President and CEO Ray Elliott. "A development program for minimally invasive knee replacement, with goals similar to those in our hip replacement program, is expected to be evaluated broadly during 2004. We want to return patients to active, productive lives by minimizing the pain and 'downtime' they experience from joint replacement surgery."

Special training required of surgeons who offer MIS 2-Incision hip replacement procedure

Surgeons who perform Zimmer MIS 2-Incision hip replacement must be trained on this technically demanding procedure through The Zimmer Institute, a state- of-the-art training facility based in Warsaw, Ind., which includes satellite training locations at academic institutions around the world. One major private insurer has recognized the potential for dramatic patient benefits with the Zimmer MIS 2-Incision hip replacement procedure with a recent decision to more than double the reimbursement payment to a physician practice whose member surgeons have demonstrated their ability to deliver significantly improved patient outcomes.

"The Zimmer MIS 2-Incision hip replacement procedure is the least invasive surgical option available today, providing the opportunity for dramatic patient benefits," said Sheryl Conley, President, Zimmer Reconstructive. "The more patients know about their surgical options, the more they can work with their doctors to select treatments that best fit personal, medical and lifestyle needs and expectations."

Many hip replacement patients are MIS 2-Incision candidates

Most people who undergo hip replacement suffer from osteoarthritis, or wear-and-tear arthritis, which affects 30 million people in the United States. Osteoarthritis causes deterioration of the cartilage that cushions the hip joint, allowing bone to rub against bone. The friction causes stiffness and pain, often making activities and even sitting for long periods extremely uncomfortable.

The Zimmer MIS 2-Incision hip replacement procedure is an option for many, but not all, patients who are candidates for traditional hip replacement. Factors that may rule it out include obesity (more than 30 percent over recommended body weight), recent history of a blood clot, prior replacement of the same hip and other unstable medical conditions. Patients who are not candidates for the 2-Incision procedure or cannot yet obtain the procedure in their area may be candidates for traditional surgery or the Zimmer MIS Mini- Incision technique, another less-invasive hip replacement procedure with similar patient benefits.

Consumer resources

To identify orthopaedic surgeons trained in the Zimmer MIS 2-Incision hip replacement procedure or to obtain more information about hip replacement and other minimally invasive orthopaedic procedures, consumers can visit www.pacewithlife.com , or call toll-free, 1-866-FIND-MIS.

Zimmer Inc., the Warsaw, Indiana-based manufacturer of the specialized instruments for the MIS 2-Incision hip replacement procedure, is a global leader in the design, development, manufacture, and marketing of reconstructive orthopaedic implants and trauma products. Orthopaedic reconstruction implants restore joint function lost due to disease or trauma in joints such as knees, hips, shoulders, and elbows. Trauma products are devices used primarily to reattach or stabilize damaged bone and tissue to support the body's natural healing process. Zimmer also manufactures and markets other products related to orthopaedic surgery. For the year 2002, Zimmer recorded worldwide revenues of approximately $1.4 billion. Zimmer was founded in 1927 and has more than 3,600 employees worldwide.

Keeping pace with life, Minimally Invasive Solutions, MIS, and 2-Incision are trademarks of Zimmer Technology, Inc.

```
Visit Zimmer on the worldwide web at www.zimmer.com
```

This press release contains forward-looking statements based on current expectations, estimates, forecasts and projections about the orthopaedics industry, management's beliefs and assumptions made by management. Forward- looking statements may be identified by the use of forward-looking terms such as "may," "will," "expects," "believes," "anticipates," "plans," "estimates," "projects," "targets," "forecasts," and "seeks" or the negative of such terms or other variations on such terms or comparable terminology. These statements are not guarantees of future performance and involve risks, uncertainties and assumptions that could cause actual outcomes and results to differ materially. These risks and uncertainties include, but are not limited to, price and product competition, rapid technological development, demographic changes, dependence on new product development, the mix of our products and services, supply and prices of raw materials and products, customer demand for our products and services, our ability to successfully integrate acquired companies, control of costs and expenses, our ability to form and implement alliances, international growth, U.S. and foreign government regulation, product liability and intellectual property litigation losses, reimbursement levels from third-party payors, general industry and market conditions and growth rates and general domestic and international economic conditions including interest rate and currency exchange rate fluctuations. For a further list and description of such risks and uncertainties, see the reports filed by Zimmer with the Securities and Exchange Commission. Zimmer disclaims any intention or obligation to update or revise any forward-looking statements, whether as a result of new information, future events or otherwise.

SOURCE Zimmer Holdings, Inc.

Chad Kersman or Wendi Koziol for Zimmer Holdings, Inc.,
+1-312-558-1770
http://www.zimmer.com

Copyright (C) 2003 PR Newswire. All rights reserved.

News Provided by COMTEX

Close window | Back to top