Zimmer Launches Quad-Sparing Total Knee Replacement along with Campaign to Help Patients Understand Differences between "Minimally Invasive" Approaches

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More Than 2 Years in Development, Zimmer Quad-Sparing TKA is the First Least-Invasive, Widely Available Surgical Approach for Total Knee Replacement

WARSAW, IN--Nov. 22, 2004 - Zimmer Holdings, Inc. (NYSE:ZMH)(SWX:ZMH) has launched Minimally Invasive Solutions™ (MIS™) Quad-Sparing™ TKA (total knee arthroplasty), one of the least-invasive and first widely available minimally invasive knee replacement procedures, along with a consumer education program to help patients understand important differences between various types of minimally invasive joint replacement surgery.

Zimmer's public education campaign encompasses a number of resources for consumers who want to learn more about minimally invasive joint replacement and locate orthopaedic surgeons trained in the latest techniques. Consumer education brochures, the www.pacewithlife.com Web site, and a toll-free information phone line, 1-866-FIND-MIS, are available.

"Quad-Sparing TKA has been two-and-a-half years in the making, and it's important for physicians and patients to understand the distinction between the benefits of this technique and other minimally invasive techniques available today," said Ray Elliott, Zimmer Chairman, President and CEO. "During the past two-and-a-half years, more than 2,000 patients have had knees replaced with the Quad-Sparing technique with initial results indicating significant improvements in patient quality of life."

Zimmer MIS Quad-Sparing TKA is a surgical approach that entirely spares the quadriceps muscle and tendons, which control bending of the knee. The splitting, manipulating or cutting of some of these tissues during traditional total knee replacement surgery causes much of patients' pain during recovery and rehabilitation. Invasion of these tissues in techniques that are not truly quadriceps sparing also may lengthen the time it takes for patients to return to work and everyday life activities.

The MIS Quad-Sparing technique involves the use of special instrumentation and a modified surgical technique to place the same, clinically proven implants used in traditional knee MIS replacement surgery, but through a much smaller incision. The goals of the Zimmer MIS Quad-Sparing TKA procedure, when compared to traditional total knee replacement surgery, include:

-- Less tissue trauma - avoiding the quad tendon and muscles rather than cutting through or manipulating them

-- Smaller, less conspicuous incision - 3 to 5 inches vs. 8 to 12 inches

-- Shorter total rehabilitation

-- Less blood loss

-- Less pain

-- Shorter hospital stay

Alfred J. Tria Jr., M.D., a developer of the technique, an orthopaedic surgeon at Saint Peter's University Hospital, and a clinical professor of orthopaedic surgery at Robert Wood Johnson Medical School, New Brunswick, New Jersey, is serving as national spokesman for the public education campaign.

In a presentation to his peers at the 18th Annual Vail Orthopaedics Symposium, Dr. Tria reported early findings based on a comparison of patients who had received total knee replacement via standard open surgery to those who underwent MIS Quad-Sparing TKA. Quad-Sparing TKA patients had shorter incisions, less pain and shorter hospital stays, with no compromise in implant placement accuracy. In addition, immediately after surgery, MIS Quad-Sparing TKA patients averaged a more than 18 percent greater range of motion - the angle the knee was able to bend (112.5 degrees for Quad-Sparing TKA patients vs. 91.5 degrees for standard TKA patients). Six weeks after surgery, range of motion remained more than 8 percent greater for MIS Quad-Sparing TKA patients. Quad-Sparing TKA patients remained in the hospital about half as long as patients who underwent traditional surgery - an average of 2.5 days, compared to an average of 4.8 days. Dr. Tria also reported that patients' pain scores were lower: 5.4 at start of physical therapy for Quad-Sparing TKA patients, versus 7.0 for patients who underwent traditional surgery.

More than 500 surgeons nationwide have now been trained in Zimmer MIS Quad-Sparing TKA, which has been studied since Dr. Tria performed the first procedure in February 2002.

In the past four years, Zimmer has introduced four other leading minimally invasive hip and knee replacement techniques, all of which are demonstrating significant patient benefits. More than 18

studies are currently underway as the company works to prove the long-term patient and economic benefits of its less-invasive approaches.

"Our focus is patients, and before we introduce any procedure we work closely with our surgeon development teams to standardize the technique, rigorously study patient outcomes, and provide specialized training to qualified surgeons," Elliott said. "Surgeons such as Dr. Tria plan to continue making peer-reviewed presentations and publishing additional patient outcomes in the months and years to come."

The results of a randomized controlled European study comparing Zimmer Quad-Sparing and traditional TKA outcomes is currently being prepared for submission for publication in a prominent peer-reviewed orthopaedics journal. The findings corroborate Dr. Tria's results, showing statistically significant reductions in pain, and increased range of motion in the early post-operative period.

Zimmer MIS Quad-Sparing TKA is an option for many but not all patients who are candidates for standard TKA. Factors that may rule out some patients include variation in knee structure, prior surgery on the same knee, obesity, a recent history of deep vein thrombosis (DVT) and other unstable medical conditions.

Surgeons who perform Zimmer MIS Quad-Sparing TKA have received special training through The Zimmer Institute in Warsaw, Indiana, or at one of its MIS satellite training locations at renowned academic institutions around the world. The Quad-Sparing procedure can be supported by dedicated computer-assisted software applications. These applications are designed exclusively for Zimmer implants.

Founded in 1927 and headquartered in Warsaw, Indiana, Zimmer is the worldwide #1 pure-play orthopaedic leader in the design, development, manufacture and marketing of reconstructive and spinal implants, trauma and related orthopaedic surgical products. In October 2003, the company finalized its acquisition of Centerpulse AG, a Switzerland-based orthopaedics company and the leader in the European reconstructive market. Zimmer offers products in more than 80 countries and is supported by the efforts of more than 6,500 employees.

For facts about minimally invasive joint replacement alternatives and to find surgeons who offer Zimmer MIS Quad-Sparing TKA and several other joint replacement procedures, consumers can visit www.pacewithlife.com or call toll free, 1-866-FIND-MIS. Consumer education brochures on each of Zimmer's five minimally invasive hip and knee replacement procedures are available upon request.

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SATELLITE FEEDS:

Monday November 22nd, 2004	Tuesday November 23rd, 2004
2:00 PM - 2:15 PM ET	1:30 PM - 1:45 PM ET
IA 5	IA 5
Transponder 14	Transponder 24
C-Band	C-Band
Downlink Freq: 3980 Horizontal	Downlink Freq: 4180 Horizontal

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