

# Athletic Knee Implants

## What is an Athletic Knee Implant (AKI)?

AKI is the acronym for **A**thletic **K**nee **I**mplants. Never before have so many patients 45 to 65 years of age been disabled by painful bone-on-bone osteoarthritis (OA) of the knee. The rapidly growing baby boomer population and dramatic rise in serious knee injuries in high school and college-age athletes in the 1950's, 60's, and 70's, are contributing factors. AKIs are not considered unless a healthy lifestyle is compromised. On the other hand, AKI is often the turning point for return to a vigorous lifestyle which includes daily exercise and sports, improved nutrition, achieving ideal weight, and avoidance of prescription drugs.

