

## The Aging Body: Ask the Experts

Oct 2: It's All About the Joints!

Learning Objectives: At the end of this class, the participants will be able to

- Explain the difference between ball joints and hinge joints.
- Discuss two variables that influence the health of our joints during the aging process.
- Discuss the latest joint replacement options for hips, knees, and shoulders?
- Explore considerations when making the decision for a joint replacement?

Speaker: Lisa Khoury, MD, is a board-certified orthopedic surgeon at MaineHealth Mid Coast Hospital specializing in sports medicine. She received her undergraduate degree from Princeton University and earned her medical degree from the University of Pennsylvania, where she also completed her residency in orthopedic surgery. After residency, Dr. Khoury completed a sports medicine fellowship at NYU Hospital for Joint Diseases. She is an active member of national orthopedic societies, has published and presented extensively, and is recognized for her contributions to patient care and medical education.

Articles/Videos for today's class:

- <https://my.clevelandclinic.org/health/body/25137-joints>
- Knee exercises for arthritis and joint pain.  
<https://www.youtube.com/watch?v=nMkxh1Alz2A&list=PLXKNfclcSzgXx4x8JP-HUb7nvhy5GmijK&index=2> (17 min 10 sec)
- Joints: Crash Course Anatomy & Physiology #20.  
<https://www.youtube.com/watch?v=NF51ioK6U14&t=12s> (9 min, 22 sec)
- 7 alternatives to knee replacement surgery. (***note this is a sponsored site***)  
<https://www.healthpartners.com/blog/alternatives-to-knee-replacement/>