



{Sunday}

# Hindustan Times

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HT Hindustan Times

NEW DELHI  
SUNDAY  
JANUARY 18, 2026

DN

# Cementless knee replacement: A more natural way to fix the knee

For many people with knee arthritis, pain gradually begins to control daily life. Walking slows down, climbing stairs becomes difficult, and even standing up from a chair requires effort. When knee replacement is suggested, the most common question patients ask is, "Will it last?" According to Dr Ishwar Bohra, "Today's patients are far more informed. They no longer want just pain relief. They want a knee they can trust for years. Traditionally, knee replacement implants have been fixed to the bone using medical cement, a technique that has restored mobility to millions. However, advances in implant technology have led to newer solutions. One of these is cementless knee replacement, a next-generation approach that allows the implant to bond naturally with the patient's bone.

"In this method, the implant is designed to work with the body rather than simply being glued in place. The surface of the implant is created using advanced 3D-printing technology, giving it a porous, bone-like structure. Over time, the patient's own bone grows into this surface, creating a strong and natural fixation. Instead of relying only on cement, the body participates in holding the implant in place," explains Dr Bohra.

This biological bond reduces problems linked to cemented implants, such as wear or loosening over time. As the bone and implant unite, tiny movements are minimised, improving long-term stability and giving patients more confidence while walking. Cementless knee replacement is especially suitable for patients with good bone quality, particularly those who are younger or more active. Dr Bohra notes



PHOTO: HTCS

Dr Ishwar Bohra, Senior Director, Joint Replacement, BLK-Max Hospital, New Delhi

that such patients place higher demands on their knees, and biological fixation can provide better durability. However, careful evaluation of age, weight, activity level, bone

strength, and overall health is essential before choosing this option.

Modern knee replacement also focuses on restoring natural knee movement. One advanced design is the medial pivot knee, which mimics the knee's normal motion by providing stability on the inner side while allowing smooth movement on the outer side. This improves balance on stairs and makes walking feel more natural.

Dr Bohra recently performed a bilateral cementless medial pivot knee replacement for a patient with severe arthritis in both knees. The patient began walking early, progressed well through rehabilitation, and reported increasing comfort and confidence.

*Disclaimer: The veracity of the claims made in this article is the responsibility of the hospital/doctor concerned.*