

Within how many days one can return to routine activities?

Patient is immediately mobilised after surgery

Patient needs support in the form of walker or stick for a period of 15 days after surgery

With gradual increase in knee movement and strength, one can start house hold activities, kitchen work, light office work.

After 4 weeks patient can go for outdoor activities (morning walk and community activities).

At around 8 weeks once patient has achieved good muscle strength then he can drive four wheeler or two wheeler.



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WE CARE



TOTAL KNEE

Information Booklet

REPLACEMENT SURGERY

Introduction

- Total knee replacement surgery is performed on patients with degeneration of the knee joint, associated with progressive pain and impaired function.
- It is a surgical procedure in which the diseased knee joint is replaced with artificial joint.
- With the advancement of medical technology and latest innovations the success rates are higher
- Latest technology to control pain has become popular for improving the surgical outcomes. This reduces the post-operative recovery time and helps in early return to functional activity.



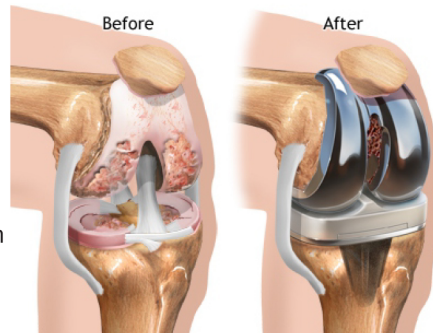
Total Knee Replacement (TKR) is considered in following cases

- When you are experiencing severe pain while walking in both knees.
- When your ability to walk has significantly reduced
- There is deformity in your legs
- Knees become stiff with restricted movements
- When knees become swollen frequently
- When you get pain in both knees while going up or down stairs
- When your knee pain limits activity of daily living and has progressed rapidly in past six months.

Components of new joint

There are four components

1. Femoral component – made up of polished metal (Cobalt Chromium/ oxinium/ Titanium).
2. Tibial component – made up of metal tray (Titanium/ Cobalt Chromium).
3. High density polyethylene plastics insert which fills the gap between metal components.
4. The patella or knee cap is made up of high density polyethylene.



The bone end surface are re-surfaced with artificial metallic components

These components are fixed to the parent bone using surgical bone cement (PMMA)

BENEFITS OF SURGERY

Relives joint pain | Increased mobility
Correction of deformity | Improve quality of life
Restores motion



Are you a candidate for Total Hip Replacement?

Please answer the following questions regarding your Hip:

1. Is your ability to walk significantly reduced?
2. Is going up or down steps very painful?
3. Do you get pain while performing your activities of daily living?
4. Do you limp or experience pain while walking?
5. Are you experiencing a decrease in the range of motion of your hip?
6. Are you noticing shortening of your affected lower limb?
7. Do you feel that your hip pain & limitation in function has progressed rapidly, in past six months?

What to expect after Knee Replacement Surgery?

Patient can walk without pain after developing good strength in thigh muscle
Can climb up and down stairs regularly
Should restrict sitting cross legged on floor and squatting as much as possible to increase the life of knee replacement.
Driving a car or a two wheeler is possible after Total Knee replacement