

## Total Knee Replacement



Total knee replacement, or arthroplasty, is a surgical procedure for the treatment of disabling joint pain from arthritis, fracture or other conditions unresponsive to other non-operative measures. Your symptoms may manifest as knee pain, stiffness, deformity (bowed legs) or contracture.

The knee joint has three compartments: the patellofemoral joint (between the knee cap and the thigh bone), the medial and lateral tibiofemoral joint compartments (between the thigh bone- femur, and the shin bone- tibia). Knee arthroplasty surgically replaces all or some of these compartments with metallic prosthesis and a polyethylene liner depending on which compartments are involved. The tibiofemoral articulation is usually replaced however the patella (knee cap) may often remain unreplaced if it is not affected by significant arthritis (wear and tear).

A total knee replacement is typically performed using an incision over the front of the knee to expose the diseased joint. The joint surfaces are excised and a new prosthetic joint implanted in place. The procedure is usually performed under general or spinal anaesthesia and the recovery period is usually between 3-5 days in hospital. Weight bearing (walking) and exercises to flex and extend (bend and straighten) the knee are usually started immediately after the operation however some patients may require rehabilitation to regain mobility, strength and range of motion.



Most patients who undergo knee replacement surgery experience considerable reduction in knee pain, correction of deformity and significant improvement in mobility and level of function. If you have symptoms of knee arthritis please discuss your symptoms with your local medical practitioner and if appropriate a referral can be obtained for review by Dr Khatib in one of our clinic locations.