What to know about Knee Replacement Surgery

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Total Knee Replacement (TKR) is usually recommended to patients whose quality of life is severely affected due to knee pain. Patients who haven't got any adequate relief from non-surgical treatments like weight management, medication, physio therapy, etc. Its true that each patient is unique with different symptoms but when patients who experience one or more of these symptoms need to go for a knee replacement :

- Pain severe enough to restrict not only work and recreation, but also routine activities of daily living such as walking, bending, climbing stairs.
- Pain that is not relieved by conservative or non-surgical methods of treatment such as medication, physical therapy, etc.
- Significant joint stiffness and difficulty in walking, climbing stairs, prolonged standing, etc.
- X-Rays show advanced arthritis or other degenerative problems

Osteoarthritis is a degenerative disease, which means that disease and pain are likely to worsen over time. Waiting for long or delaying surgery can lead to irreversible damage to the joint. Undergoing surgery at the right time can result in improved function and reduced pain compared to those who delay the procedure. **Total Knee replacement** is a surgical procedure in which a diseased or damaged joint is replaced with an artificial joint called a prosthesis.

Prosthesis is made of metal alloys and high-grade plastics – this replicates the function of the bone and cartilage, respectively. The prosthesis is made in a manner to move like a healthy human joint. There are different types of **hip replacement prosthesis with prosthetic and orthotic options.**

Over the years, knee replacement techniques, implants, and instrumentation have undergone immense improvement and the surgery is helping millions of patients worldwide to alleviate pain, restore mobility and lead a good quality of life.

Knee Replacement Surgery Procedure :

Total knee replacement is a surgical procedure that involves removing the damaged portion at the end of the femur (thigh bone) and the top of the tibia (shin bone). Both the tibia and femur are then reshaped using special instruments. The artificial knee implant is composed of metal and polyethylene – a durable and high-grade plastic that is placed at the resurfaced portion of the knee to replicate the knee joint.

Step 1: Making an Incision



To begin the surgery, an incision is made on the front of the

diseased knee, cutting through the tissue surrounding the muscles and bone. The kneecap, or patella, is rotated to the outside of the knee, to clearly view the damaged area, which needs to be removed and replaced with an artificial implant

Step 2: Prepare the Femur



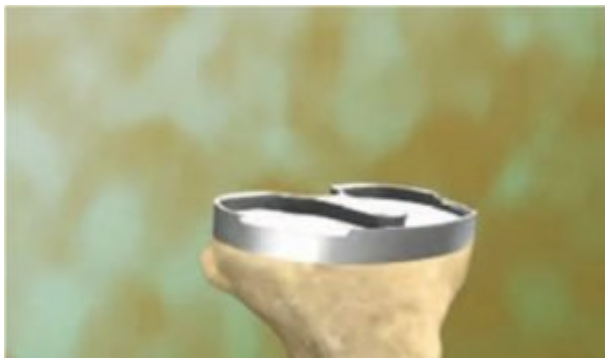
Using special cutting instruments precise cuts of the diseased bone made. The end part of the femur or thigh bone is cut in a shape that is similar to surface of the metal femoral component.

Step 3: Implant the Femoral Component



At the end of the femur the femoral component is placed.

Step 4: Prepare the Tibia



The tibia or shin bone is made by making a flat cut at the top. The exposed end of the bone is sized to fit the metal and plastic tibial components.

Step 5: Implant the Tibial Component



The metal tibial component is inserted into the bone. A plastic insert is slid into the tibial component. The femoral component slides on the plastic while bending your knee.

A special cement may be used to fix the implants onto your bone.

Step 6: Final Implants



knee-replacement-joint1.jpg

Several tests will be conducted during the surgery to ensure that the correct sized components are used to help patients regain good balance and motion in the knee. The femoral and tibial components glide together to replicate the knee joint. The wound is then closed in layers with stitches and/or staples.

Knee replacement surgery India:

When you consider the **TKR surgery cost in India** ensure that you discuss the treatment options and all your queries with the surgeon. Some of your queries could be:

What are the **Knee replacement treatment options**?

How long does it take to recover from a knee replacement?

What is the best treatment for osteoarthritis in knees?

What are hip replacement prosthesis types?

Depending on the condition of your joints our doctors will

give you the best solution. They will be guiding you through the procedure and give detailed explanation about the care you need to take post operation.

AIOR – Anup Institute of Orthopedics and Rehabilitation team *https://www.aior.co.in/best-orthopedic-hospital.php* has highly experienced doctors so, wait no further. Let’s connect and take a step forward towards a pain free life.