



# All About Total Knee Joint Replacement

Total [Knee Replacement](#) is a surgical procedure required by persons suffering from a condition called Knee arthritis, which results in extreme knee pain and inflammation and causing difficulty in any movement of the knee joint.

## Causes

- Wear and tear of the joint.
- Extreme obesity that the knee is unable to support the body weight.
- Genetic factors.
- Injury caused to the knee.
- Symptoms

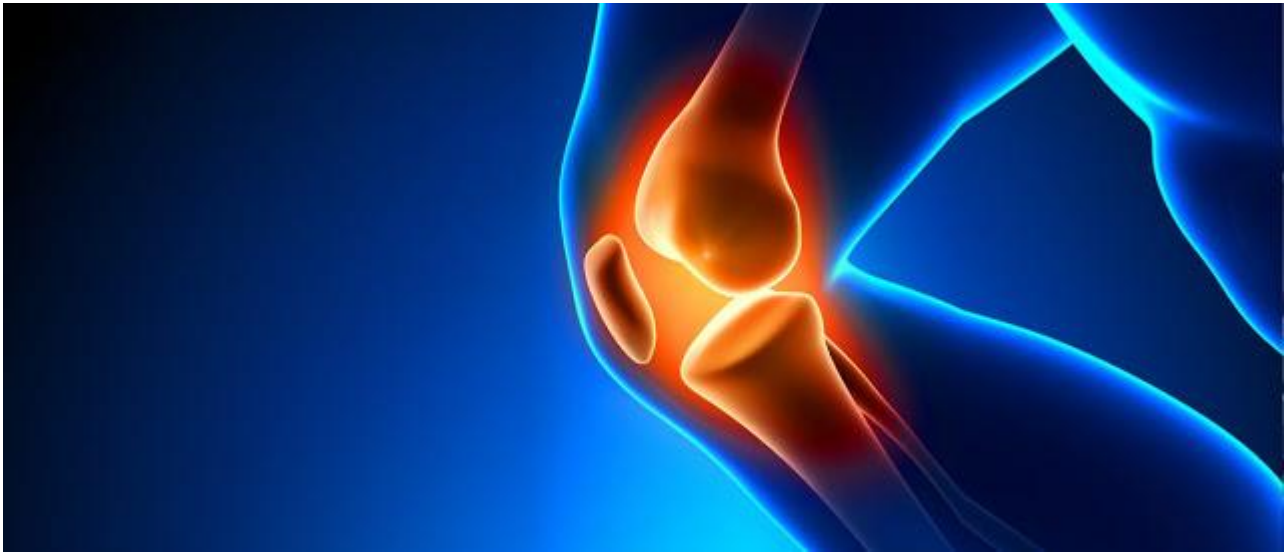
## Extreme pain.

- Unability to move the knee.
- Stiffness or swelling of joint.
- Tenderness along the joint.
- Deformity of the joint (knock-knees or bow-legs).

When other treatments such as medication, therapy, and lifestyle changes (weight loss or therapeutic activities) fail, the last option that remains is the Total joint replacement surgery.

## Understanding the surgical procedure

During the surgery, an 8 to 12-inch cut is made on the front side of the knee after injecting general spinal, or epidural anesthesia. The damaged cartilage of the joint is taken out and is replaced with a metal or plastic artificial joint which is attached to the thigh bone and knee cap using cement or some special material to bind.



With new technological developments in the field of surgery, Minimal invasive surgery is used which requires only a three to four-inch cut. When the incision is smaller it is easier during the surgery as fewer tissues are cut. Hence it also decreases pain and quickens post-surgery recovery.

After the surgery muscle strength is recovered with physical therapy though people start to walk with support such as parallel bars crutches or walker until the joint is not strong enough to bear the entire body weight. After a few weeks, people start to walk without assistance and thereafter can pursue most daily activities except heavy physical activity such as running, jumping, etc.

An artificial joint usually lasts 20 years and could last even more.

### **Recovery after surgery**

- Avoid using stairs.
- Donot twist leg, keep knee straight.
- Avoid hectic physical activity.
- Avoid squatting and kneeling.
- Use a firm straight-back chair and avoid recliners and sofas.
- Avoid injury and falling or slipping.
- Return to activities such as driving and exercise only after complete recovery and after being reassured by a doctor

### **Risks after the surgery**

- Due to restricted movement blood clots could occur which would require blood thinners.

- Swelling could occur in the nerves hence causing discomfort and numbness.
- Bones could get injured or cracked during the surgery hence requiring treatment.
- Infection and bleeding as risks in any operation.
- The replaced parts of the joint could become loose or could break, but this is a very rare condition.

[Dr. Bharat Mody](#) is a world-renowned expert **Joint replacement surgeon of India**. He is a leading specialist in the field of knee replacement surgery.

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