

It Is Time for You to Get a Knee Replacement?

Should You Have Knee Replacement Surgery? Maybe Not!

The first thing we tell our patients is just because you have knee arthritis does not mean it is going to get progressively worse. Studies show that arthritis can remain stable and even slightly improve in some cases.

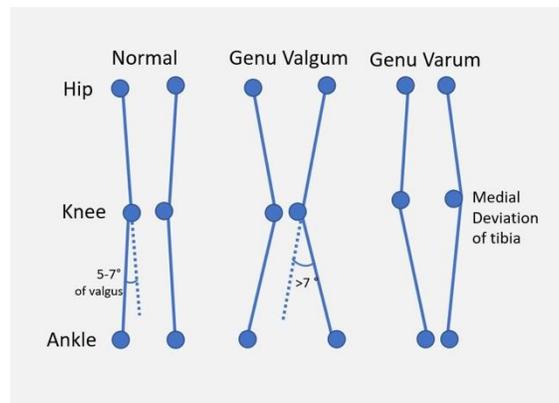
Before you consider knee surgery, you should attempt a conservative approach. This includes:

1. Physical therapy
 - a. Follow our knee program at bobandbrad.com. It is free. Not even an email.
2. Proper exercises
3. Pain medications
4. Anti-inflammatory drugs or shots.
5. Weight loss.

If you have tried the conservative approach and still are experiencing some of the following issues, you may want to consider knee replacement surgery:

1. You require pain medication to get through your day
 - a. Medication and using a cane or walker are not delivering enough relief.
2. Arthritis is interfering with your life.
 - a. If your arthritis is making it difficult for you to go to work. The knee pain may be preventing you from sleeping or wakes you up. You may have difficulty walking or climbing stairs. You may have difficulty getting in and out of chairs and bathtubs.
3. Your knees are stiff and swollen.
 - a. Your knee stiffens up from sitting in a car or a movie theater.
 - b. Do you have a painful, stiff, swollen knee? Total knee replacement surgery removes much of the damaged, inflamed tissue inside your knee that causes stiffness and swelling. You experience morning stiffness that typically lasts less than 30 minutes. Your knee stiffens up after prolonged sitting (car, theater, etc.).

4. You have had a knee injury
 - a. If your leg is deformed because of an injury or if you were born with a deformity, surgery may be a good option. Also, if you have had a previous injury to the anterior cruciate ligament (ACL) of your knee your knee tends to wear out faster. Knee replacement surgery can repair deformed knee joints and help them work normally again.
5. Your knee hurts even at rest when you rest.
 - a. Most knee pain gets worse when you use your knee while walking, running, or exercising. But, if your knee hurts even when you are not using it, you may need surgery to treat moderate or severe pain.
6. Your leg bows in or out.
 - a. During knee replacement surgery, your surgeon will remove all or part of your knee joint and will replace damaged portions with an artificial joint. This artificial joint can correct your leg if it bows in or out.



7. You want to stay physically active.
 - a. Your hip aches during and after exercise. Artificial knee joints can last between 15 and 25 years. If you love skiing, hiking, bowling, etc. but your knee pain is making it difficult to do those things, knee replacement surgery may be a good option.
8. You are just sick of it.
9. You are tired all the time.
10. You have put on or lost weight
11. You feel sad or hopeless due to hip pain

Consider these additional points:

1. Most artificial hip joints will last for 10 to 20 years without loosening, depending upon how much stress you place on it.
2. If you wait too long to have a hip replacement you may become medically unable to tolerate a surgery. If you wait too long you may also lose a lot of strength, and endurance and may have a harder time returning to normal activities.

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