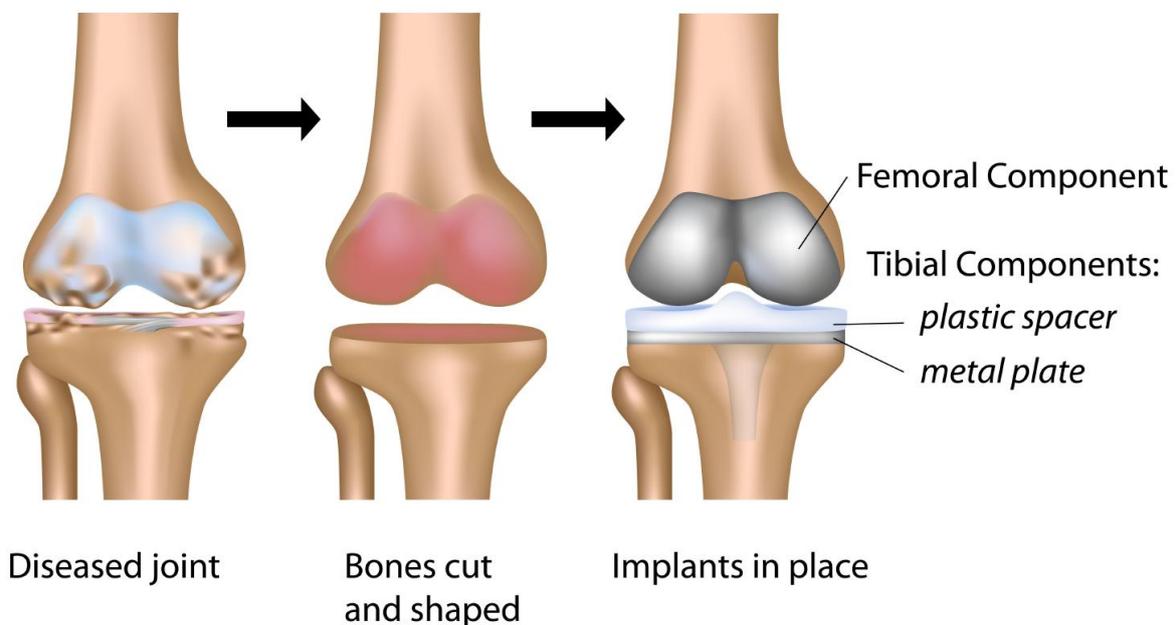


Knee Replacement

Total Knee Replacement



What is a knee replacement?

A knee replacement (also called knee arthroplasty) is an operation where damaged parts of the knee joint are replaced with artificial components. The aim is to reduce pain, improve movement and help you return to everyday activities.

There are two main types:

- **Total knee replacement (TKR):** the whole knee joint surface is replaced
- **Partial (unicompartmental) knee replacement:** only the damaged part of the knee is replaced

Why might I need a knee replacement?

Knee replacement is usually considered when knee pain and stiffness:

- Are severe and long-lasting
- Affect daily activities such as walking, stairs, sleep or work
- Have not improved with non-surgical treatments such as exercises, physiotherapy, weight management or pain relief

The most common reason is **knee osteoarthritis**, but other causes include inflammatory arthritis or previous injury.

Benefits of knee replacement

- Reduced knee pain
- Improved walking and mobility
- Better quality of life and independence
- Improved sleep and confidence with activities

Possible risks and complications

All operations carry some risk. These may include:

- Infection
- Blood clots (deep vein thrombosis)
- Stiffness or ongoing pain
- Nerve or blood vessel injury (rare)
- Need for further surgery in the future

Your surgical team will discuss risks and benefits with you in detail.

Preparing for surgery

You may be advised to:

- Attend a pre-operative assessment
- Improve strength with pre-operative exercises
- Stop smoking and optimise other medical conditions

- Arrange help at home after surgery
- Plan transport and mobility aids if required

What happens during the operation?

- The operation is usually performed under spinal or general anaesthetic
- Surgery typically takes 1–2 hours
- The damaged joint surfaces are removed and replaced with metal and plastic components

After the operation

- Most people stand and walk with support on the same or next day
- Physiotherapy starts early to improve movement and strength
- You may need walking aids (sticks or frame) temporarily
- Hospital stay is usually 1–3 days, depending on recovery

Pain management

Pain after surgery is normal and will be managed with:

- Regular pain relief medication
- Ice and swelling control
- Gradual exercise and movement

Good pain control helps you move and recover more quickly.

Rehabilitation and recovery

- Exercises are essential for recovery and long-term success
- Swelling and stiffness can last for several weeks
- Most people return to normal daily activities within 6–12 weeks
- Full recovery may take up to 6–12 months

Activities after knee replacement

- Walking, cycling, swimming and golf are usually encouraged
- High-impact activities (running, jumping) are not recommended
- Kneeling may feel uncomfortable for some people but is safe

BEST EXERCISES AFTER TOTAL KNEE REPLACEMENT SURGERY



THIGH SQUEEZES



PROLONGED KNEE STRETCH



ANKLE PUMPS



LEG SLIDES



STRAIGHT LEG RAISE

When to seek medical advice urgently

Contact your healthcare team urgently if you notice:

- Increasing pain, redness, heat or discharge from the wound
- Fever or feeling unwell
- Sudden calf pain or swelling
- Shortness of breath or chest pain

Key messages

- Knee replacement is a common and effective operation for severe knee pain
- Active participation in exercises is vital for recovery
- Most people experience significant pain relief and improved function

If you have questions or concerns, speak to your orthopaedic team or physiotherapist for advice and support.