



Want to know a little more?

## Knee Replacement

The knee joint is formed by the femur (thigh bone) and the tibia (shin bone) below. The patella (kneecap) sits in front of the knee joint and forms another joint with the femur. The joint surfaces within the knee are covered by articular cartilage which allows smooth movement of the joints. A knee replacement is completed when the joints have extensive degenerative change or arthritis, which roughens the joint surfaces resulting in painful and restricted movement.



When you have a knee replacement done, you may have the whole knee replaced (total) or parts of the knee replaced (partial). The surgery involves replacing the worn joint surface with an artificial surface to allow normal joint movement.

At the time of the surgery you may be in hospital for 5 -10 days. This allows times for you to be able to safely walk and therefore go home. However to get the best from your knee a rehabilitation program is required for 3 - 6 months. This program can be provided by your physiotherapist and includes stretches, strengthening exercises, pool exercise and possibly gym exercise. It also involves learning how to walk with crutches, how to walk up and down stairs and progressing to walking without any aids at all.

For most people having a knee replacement means they will have less pain, improved strength, and therefore they cope better with day to day activities. You can expect to return to activities such as gardening, walking for exercise, golf etc after your rehabilitation program.

Disclaimer: The information on this page is intended as a guide only, and does not constitute advice or treatment. For further information, please see your qualified physiotherapist