

# Total Knee Replacement

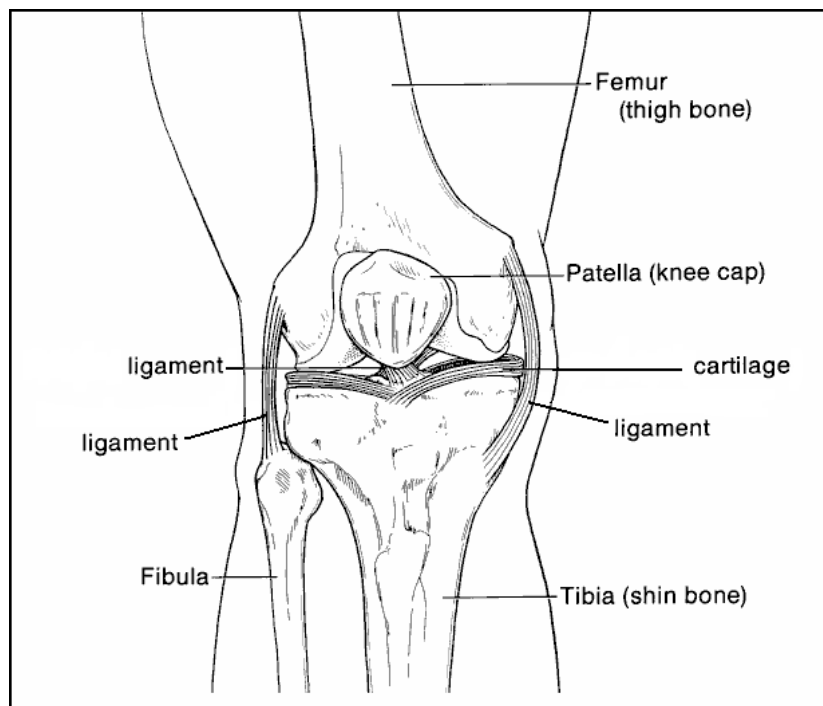
Total knee replacement is a surgery to replace worn or damaged parts of the knee joint. The surfaces of the diseased joint are removed and replaced with an artificial joint. This surgery can relieve pain and improve movement in your knee joint.

You may need a total knee replacement if:

- Other treatments such as medicine, steroid injections and physical therapy, no longer stop your pain or help movement of the joint.
- The pain or poor movement in your knee prevents you from doing your normal activities

## Normal Joint

Your knee is a hinge joint where the end of the thigh bone (femur) meets the top of the large bone in your lower leg (tibia). A healthy knee has smooth cartilage that covers the ends of the bones. The two bones glide smoothly as you bend your knee. The muscles and ligaments around the knee joint support your weight and help move the joint smoothly when you walk.



# Beddelista Buuxda ee Jilibka

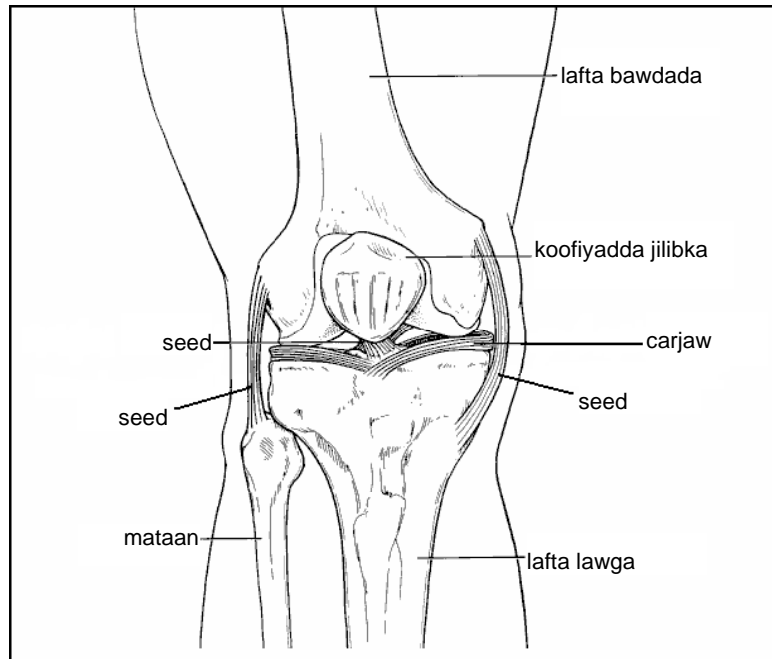
Beddelista buuxda ee jilibku waa qalitaan lagu beddelayo qaybaha jilibka ee madhay ama dhaawacmay. Oogada laabatada cudureysan bukta ayaa la saaraa laguna beddelaa laabato artifishal ah dad sameeyey. Qalitaankani waxa uu keenaa in laga raysto/nafiso xanuunka waxana uu hagaajiyaa dhaqdhaqaaqa laabatada jilibkaaga.

Waxa aad u baahan kartaa beddelista buuxda ee jilibka haddii:

- Daweynnada kale sida dawooyin, ku-durista istariyoodh (steroid) ama jimicsiyo, ay joojin waayaan xanuunkaaga ama waxba ka tari waayaan hagaajinta dhaqaaqa laabatada.
- Xanuunka ama dhaqdhaqaaq xumida jilibkaaga ayaa kaa horjoogsata in aad qabatid hawlo maalmeedkaaga caadiga ah.

## Laabato Caadi ah

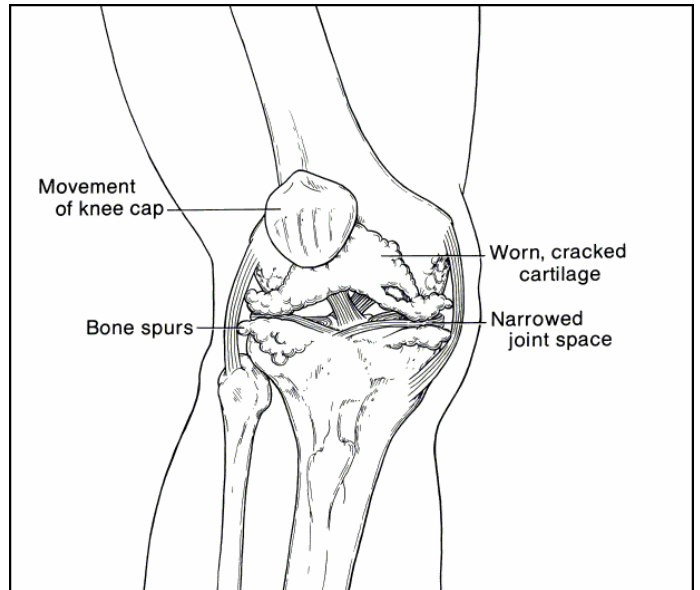
Jilibkaagu waa laabato halkaasoo dhamaadka lafta bawdada ay kula kulanto lafta weyn ee lawga (shanshada). Jilib caafimaadqaba waxa uu leeyahay carjaw isku siman oo ku daboolan dhamaadka lafaha. Labada lafood si fiican ayay isugu dul silbadaan marka aad laabtid jilibkaaga. Muruqyada iyo seedaha ku wareegsan laabata jilibku waxay xejayaan miisaankaaga waxana ay gargaar ka geystaan in laabatadu si fiican u dhaqaaqdo marka aad soconaysid.



Total Knee Replacement. Somali.

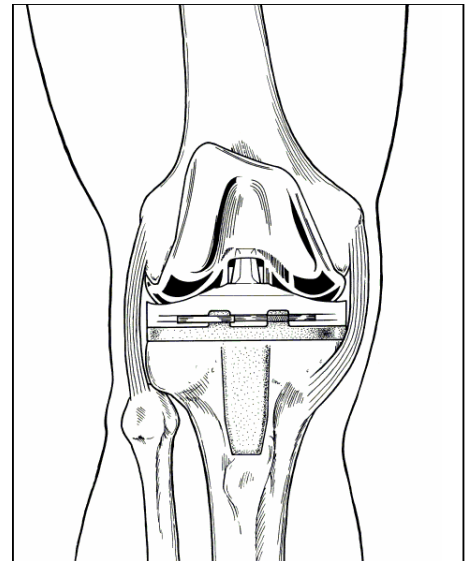
## A Worn Knee Joint

The smooth cartilage layers can wear down on the ends of the bones. The cartilage can wear down as you age or from injury, arthritis, or a side effect from certain medicines. When the bone surfaces and cartilage wear down, they become rough, like sandpaper. As you move your leg, the bones grind and you have pain and stiffness.



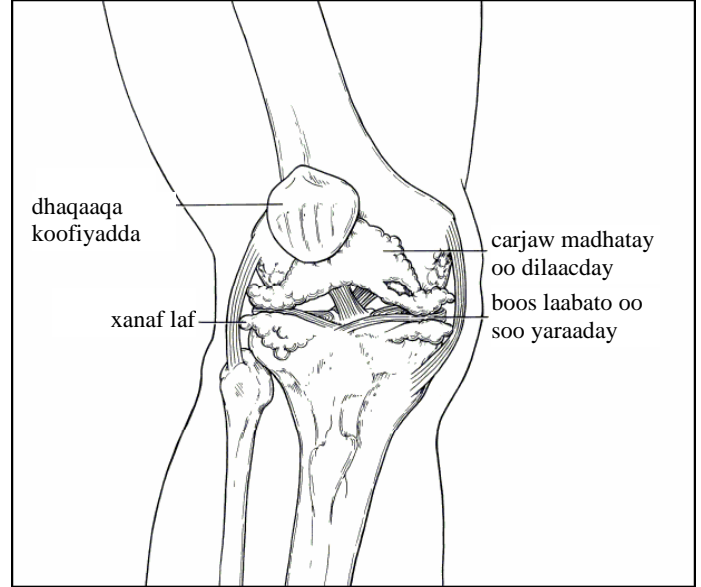
## Total Knee Replacement

During surgery, the damaged cartilage and ends of the bones of the knee joint are removed. A new joint is created using an artificial joint made of metal and very strong plastic. Parts of the new joint may be cemented in place with special bone cement. The metal has a porous surface that your bone will grow into as it heals to create a tight fit.



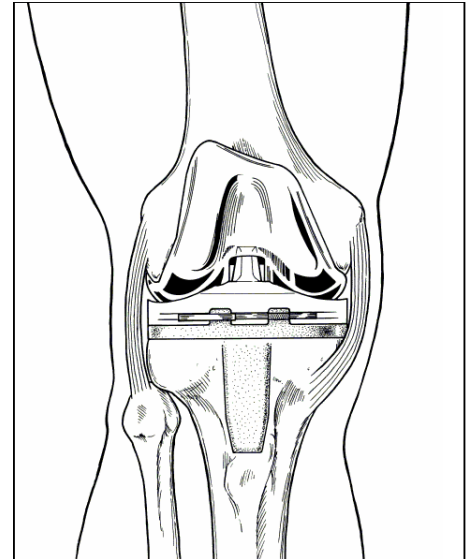
## Laabato Jilib oo Madhatay

Lakabyada carjawda isku siman ee ku yaala dhamaadka lafaha way madhan karaan. Carjawdu way madhan kartaa marka aad sii gabowdid ama ay dhaawacanto, cudurka lafo-xanuunka (arthritis), ama wax yeellada dawooyinka qaarkood. Marka oogada lafaha iyo carjawdu madhaan, waxay noqon doonaan kuwo xanaf leh sida warqadda wax lagu xoqo. Marka aad lugta dhaqaajisid, lafaha ayaa is lisa waxana aad yeelan kartaa xanuun iyo adkaan laabato.



## Beddelista Buuxda ee Jilibka

Inta qalitaanka lagu jiro, waxa lagaa saarayaa carjawda iyo dhamaadka lafaha ee waxyeeloobay. Waxa lagu sameynayaa laabato cusub oo ka kooban laabato artifishal ah oo ka sameysan bir/macdan iyo balaastig/caag xoog badan. Qaybo ka mid ah laabatada cusub ayaa lagu adkeyn karaa goobta iyada oo la isticmaalayo sibiidh ama shamiinto laf oo gaar ah. Birtu/macdantu waxay leedahay oogo daldaloosha oo laftaadu ku dhex kori karto marka ay bogsanayso si leekaan fiican u abuuranto.



## **Joint Pain and Movement After Surgery**

The staff will help you stand and begin walking with a walker the day of or day after surgery. You will have some pain as the tissues heal and muscles regain their strength. This pain should go away in a few weeks and pain medicine will be ordered to help relieve this surgery pain. With your new joint and physical therapy, you may be able to resume some of the activities you once enjoyed.

**Talk to your doctor or nurse if you have any questions or concerns about total knee replacement.**

## **Xanuunka iyo Dhaqdhaqaaqa Laabatada ka dib Qalitaanka**

Shaqaalaha ayaa kaa gargaari doona inaad sare joogsatid oo aad socodka bilawdid adiga oo adeegsanaya/isticmaalaya qalabka lagu socdo maalinta qalitaanka ama maalin ka dib. Waxa aad yeelan doonta xoogaa ah xanuun marka cadku sii bogsanayo isla markaana muruqyadu soo yeelanayaan xooggoodii. Xanuunkaasi wuu iska tagi doonaa gudaha dhawr todobaad waxana lagu qori doonaa dawo xanuun si lagaaga gargaaro in aad ka nafistid xanuunka qalitaanka. Marka lagu sameeyo laabato cusub iyo jimicsiyo daweyn ah, waxa laga yaabaa in aad awoodid in aad dib u bilawdid qaar ka mid ah firfircoonidii aad berrigii hore ka heli jirtay.

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid su'aalo ama walaac ku saabsan beddelista buuxda ee jilibka.**

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