

Total Knee Replacement

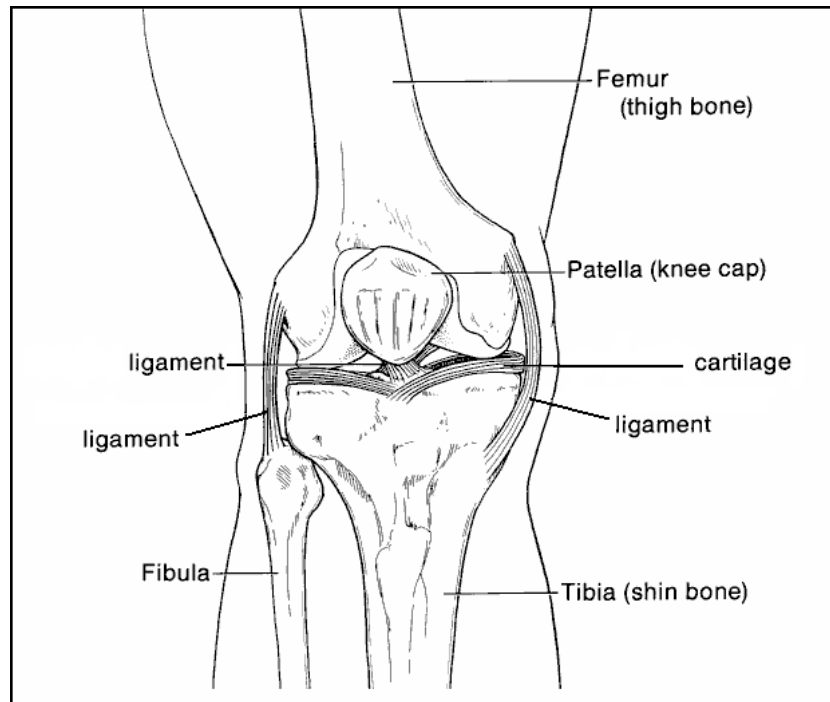
Total knee replacement is a surgery to replace worn or damaged parts of the knee joint. The surfaces of the diseased joint are removed and replaced with an artificial joint. This surgery can relieve pain and improve movement in your knee joint.

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.



全膝关节置换

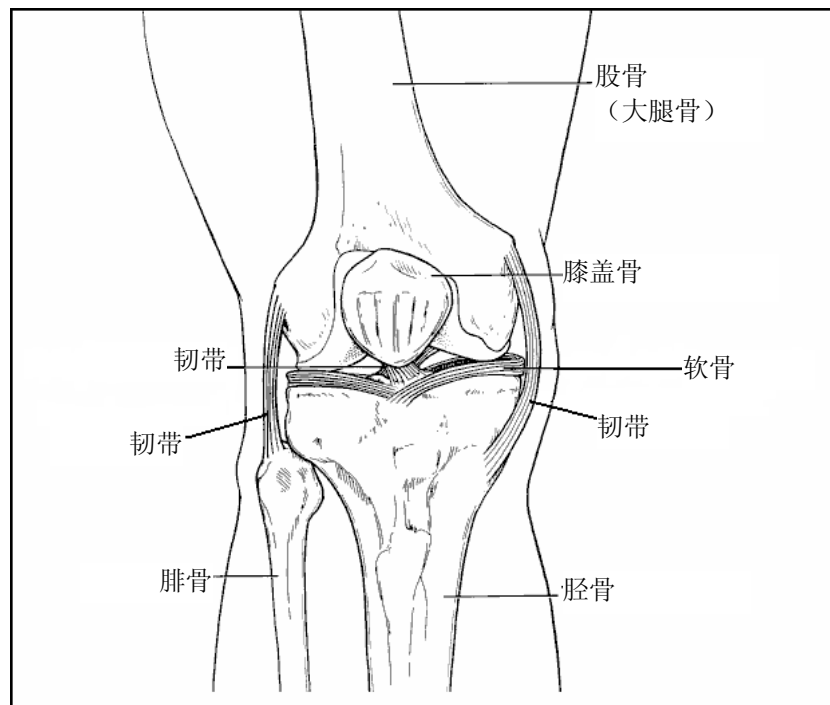
全膝关节置换是更换膝关节磨损或受损伤部分的手术。手术中，切除疾病关节的表面，代之以人工关节。此手术可缓解疼痛，改进膝关节的运动能力。

有下列情形者，可能需要进行全膝关节置换：

- 其它治疗方法，例如药物、注射类固醇和物理治疗，已经无法止痛或改善关节的运动能力。
- 膝部疼痛或运动不便，导致无法进行正常的活动。

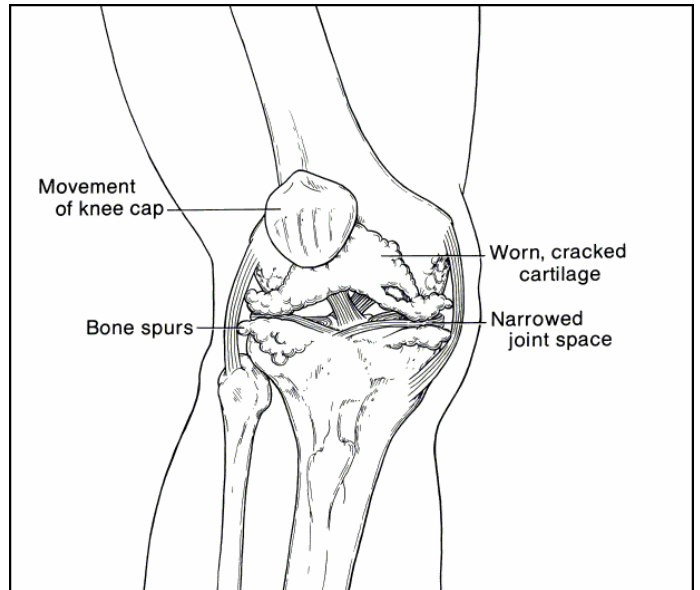
正常的膝关节

膝关节是铰式接合，是大腿（股骨）的下端与小腿的大骨（胫骨）上顶的接合之处。健康的膝关节在骨端覆盖有平滑的软骨。屈膝时，股骨和胫骨可以自如转动。人行走时，膝关节周围的肌肉和韧带支撑体重，协助关节自如运动。



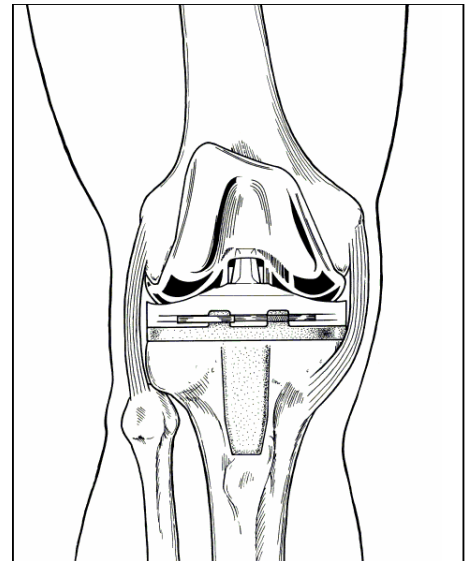
A Worn Knee Joint

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.



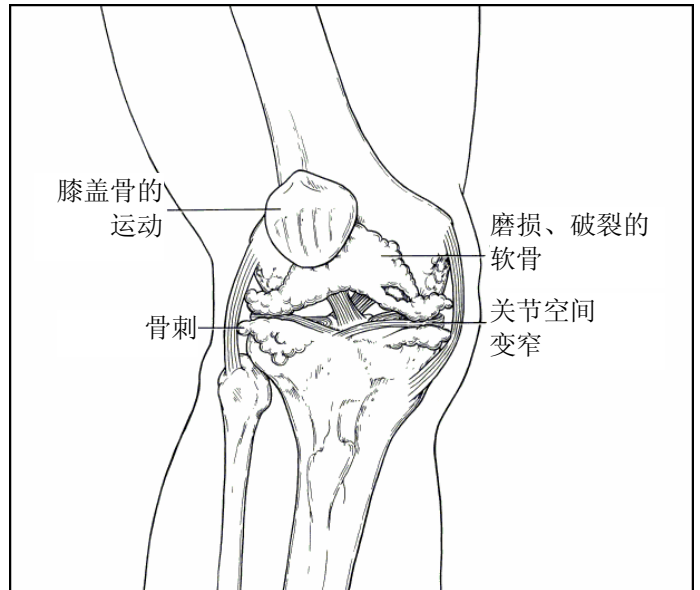
Total Knee Replacement

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.



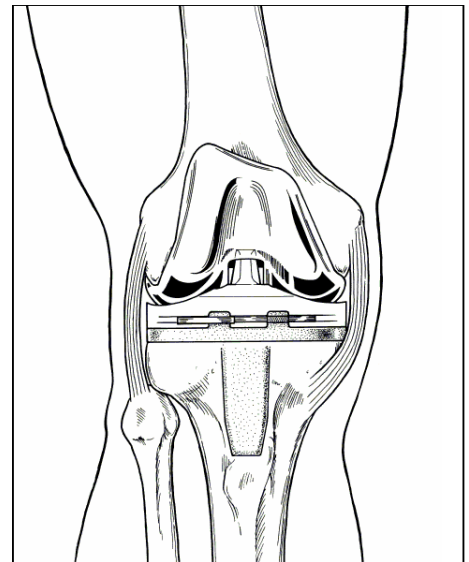
磨损的膝关节

覆盖骨端的平滑软骨层可能会发生磨损。年龄的增长、外伤、关节炎或某些药物的副作用，都可能导致软骨磨损。随着骨表面和软骨的磨损，表面可能变得凹凸不平，像砂纸一样。移动腿时，骨端相互碾压，导致疼痛和僵硬。



全膝关节置换

手术中，除去膝关节的受损软骨和骨端部分。使用金属和强度极高的塑料材料制成的人工关节，作为新的关节。新关节的一部分可用特殊的骨水泥固定。金属的表面为多孔性，骨头在痊愈的过程中，会长入金属表面，与金属结合在一起。



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.

手术后的关节疼痛和运动

在手术当天或次日，医护人员会帮助您站立，开始使用助行器走路。随着组织的痊愈和肌肉恢复力量，会有一些疼痛。疼痛应在数周内消退，会使用止痛药来缓解这种术后疼痛。更换新关节后，辅以物理治疗，可能可以恢复一些活动能力。

如果对全膝关节置换有任何疑问或担心，请咨询医生或护士。