

Total Knee Replacement

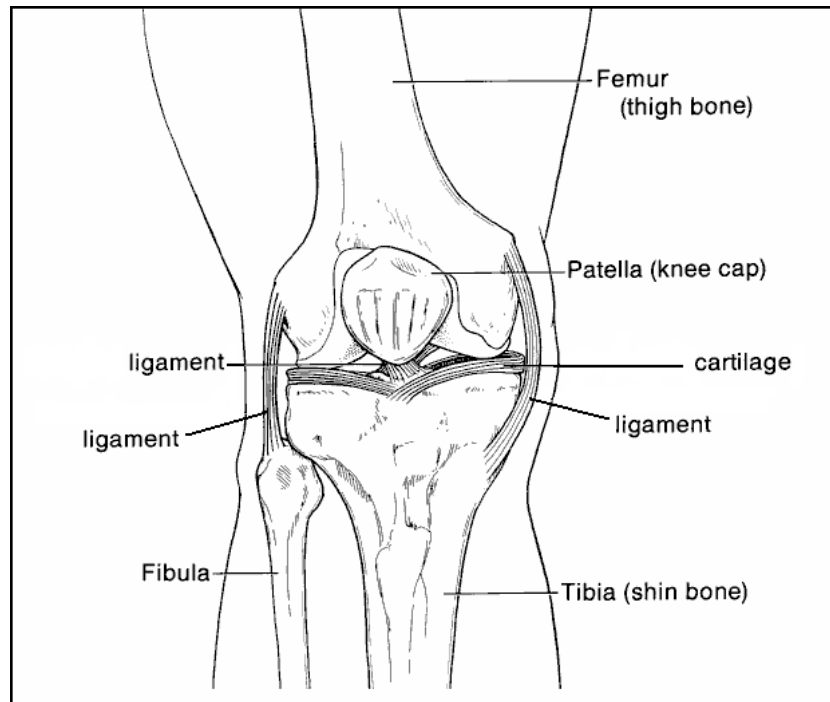
Total knee replacement is a surgery to replace worn or damaged parts of the knee joint. The surfaces of the diseased joint are removed and replaced with an artificial joint. This surgery can relieve pain and improve movement in your knee joint.

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.



全膝關節置換

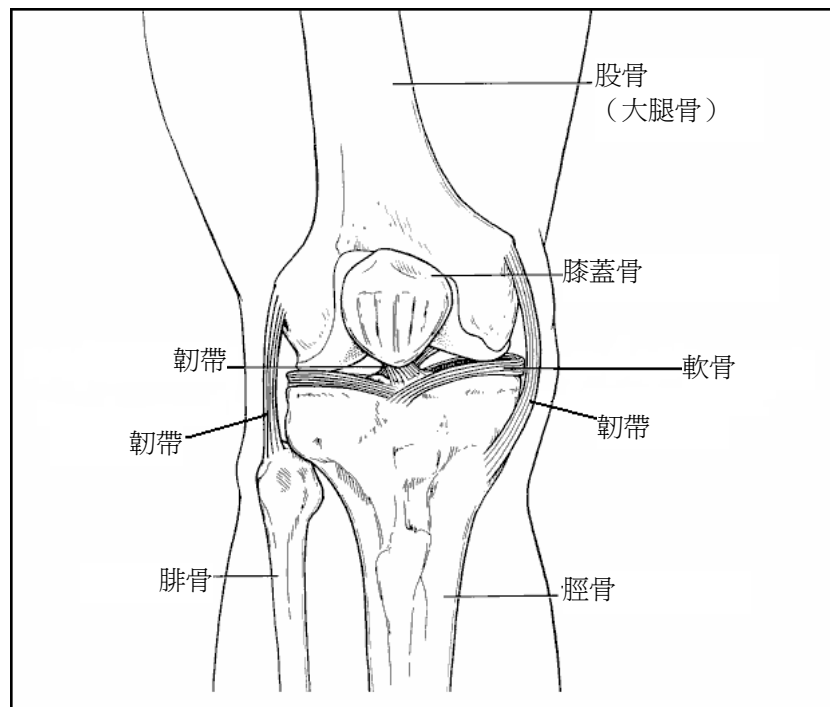
全膝關節置換是更換膝關節磨損或受損傷部分的手術。手術中，切除疾病關節的表面，代之以人工關節。此手術可緩解疼痛，改進膝關節的運動能力。

有下列情形者，可能需要進行全膝關節置換：

- 其他治療方法，例如藥物、注射類固醇和物理治療，已經無法止痛或改善關節的運動能力。
- 膝部疼痛或運動不便，導致無法進行正常的活動。

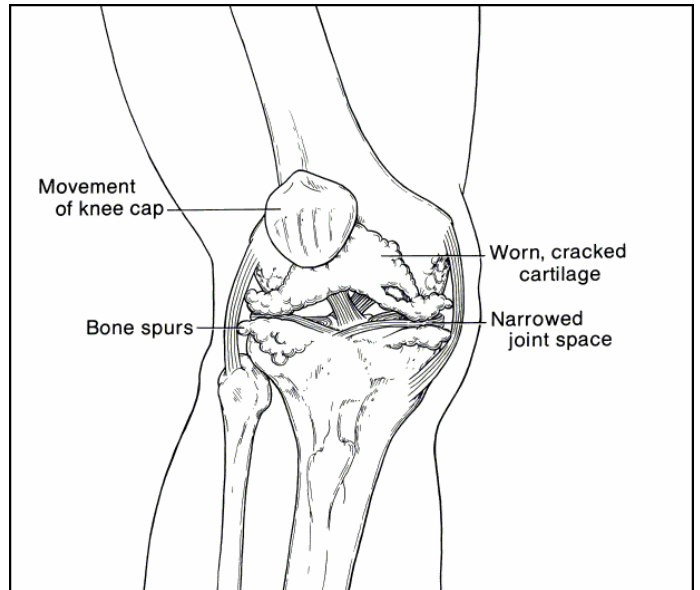
正常的膝關節

膝關節是鉸式接合，是大腿（股骨）的下端與小腿的大骨（脛骨）上頂的接合之處。健康的膝關節在骨端覆蓋有平滑的軟骨。屈膝時，股骨和脛骨可以自如轉動。人行走時，膝關節周圍的肌肉和韌帶支撐體重，協助關節自如運動。



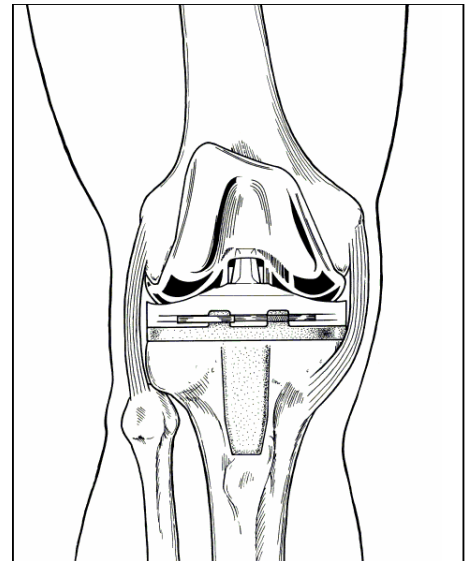
A Worn Knee Joint

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.



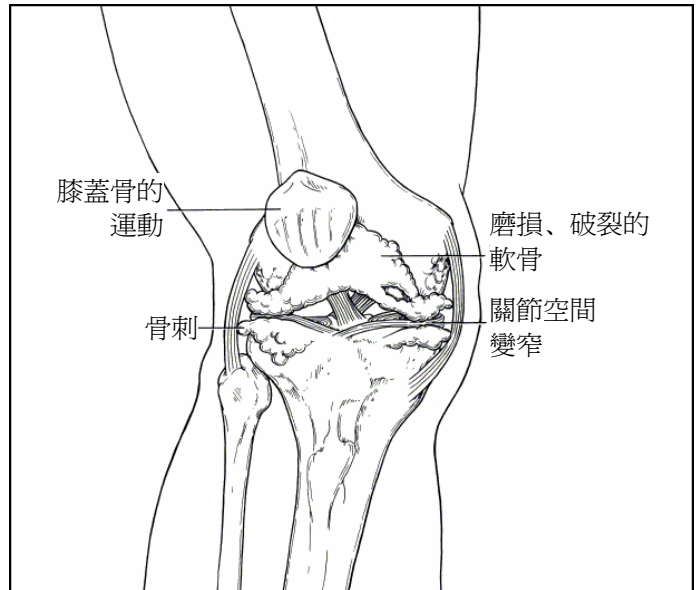
Total Knee Replacement

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.



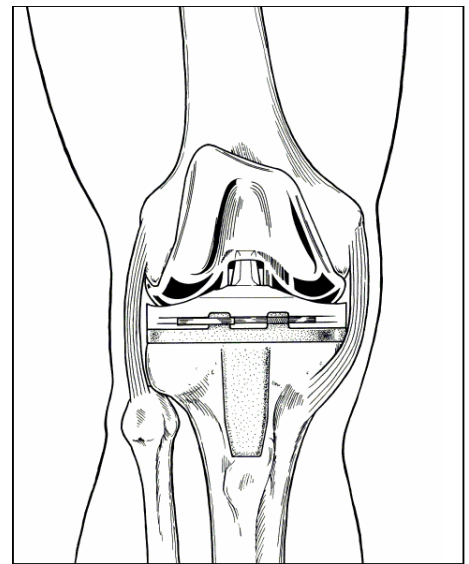
磨損的膝關節

覆蓋骨端的平滑軟骨層可能會發生磨損。年齡的增長、外傷、關節炎或某些藥物的副作用，都可能導致軟骨磨損。隨著骨表面和軟骨的磨損，表面可能變得凹凸不平，像砂紙一樣。移動腿時，骨端相互碾壓，導致疼痛和僵硬。



全膝關節置換

手術中，除去膝關節的受損軟骨和骨端部分。使用金屬和強度極高的塑膠材料製成的人工關節，作為新的關節。新關節的一部分可用特殊的骨水泥固定。金屬的表面為多孔性，骨頭在痊癒的過程中，會長入金屬表面，與金屬結合在一起。



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.

手術後的關節疼痛和運動

在手術當天或次日，醫護人員會幫助您站立，開始使用助行器走路。隨著組織的痊癒和肌肉恢復力量，會有一些疼痛。疼痛應在數週內消退，會使用止痛藥來緩解這種術後疼痛。更換新關節後，輔以物理治療，可能可以恢復一些活動能力。

如果對全膝關節置換有任何疑問或擔心，請詢問醫生或護士。

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Total Knee Replacement. Traditional Chinese