

# Total Knee Replacement

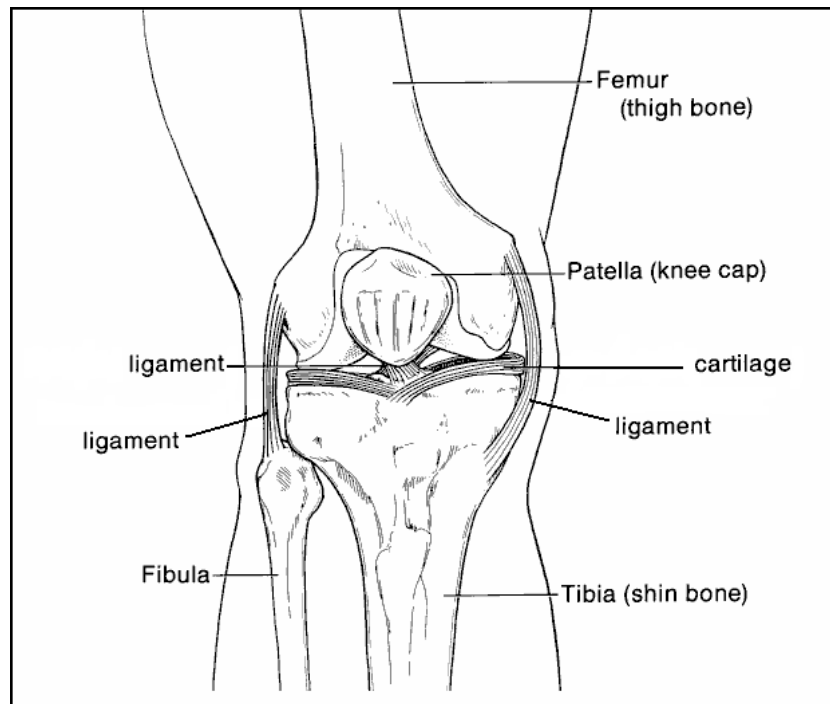
Total knee replacement is a surgery to replace worn or damaged parts of the knee joint. The surfaces of the diseased joint are removed and replaced with an artificial joint. This surgery can relieve pain and improve movement in your knee joint.

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.



# Potpuna zamjena koljena

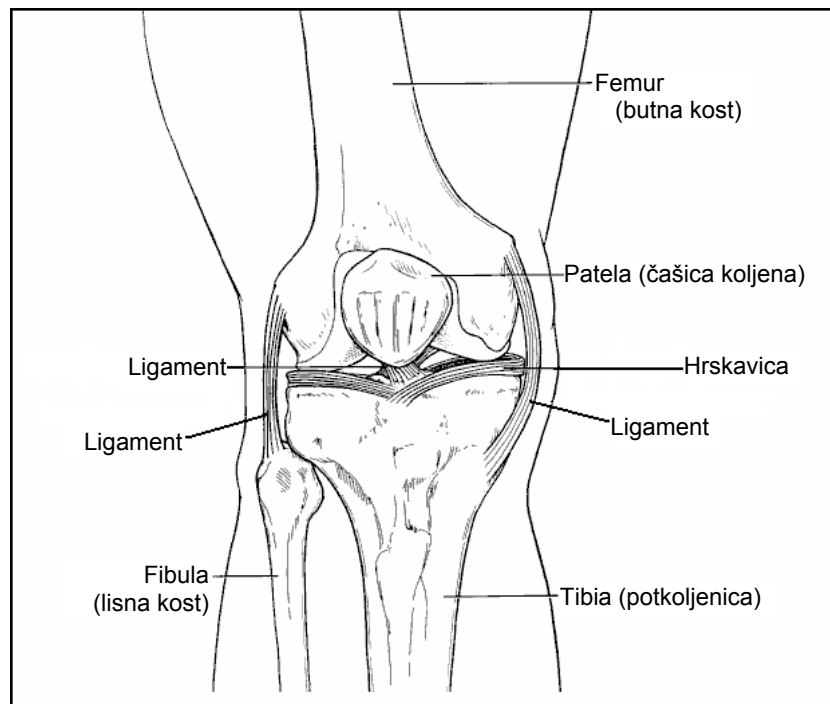
Potpuna zamjena koljena je operacija kojom se vrši zamjena istrošenih ili oštećenih dijelova zgloba koljena. Oboljele površine zgloba se uklone i zamijene vještačkim zglobom. Ovom operacijom se mogu olakšati bol i poboljšati pokreti zgloba koljena.

Moguće je da će vam trebati potpuna zamjena koljena ukoliko:

- druge vrste liječenja, kao što su liječenje lijekovima, injekcijama steroida i fizikalnom terapijom više ne pomažu u zaustavljanju bola ili kod pokretanja zgloba.
- bol ili teškoće pri pokretima koljena vas sprječavaju u obavljanju normalnih aktivnosti.

## Normalan zglob

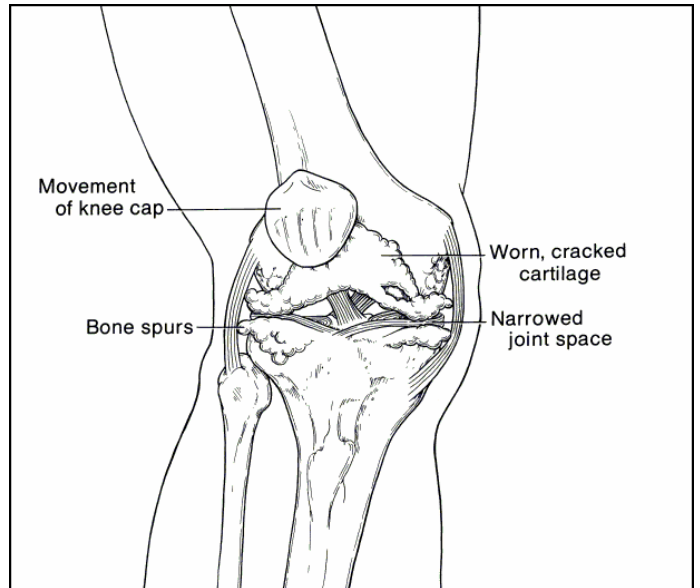
Vaše koljeno je zglob koji spaja završni dio butne kosti (femura) sa gornjim dijelom velike, potkoljenične kosti (tibiom). Zdravo koljeno ima glatku hrskavicu koja pokriva završetke ovih kosti. Prilikom savijanja koljena ove dvije kosti lagano klize. Prilikom hodanja, mišići i ligamenti oko zgloba koljena podupiru vašu težinu i pomažu da se zglob kreće bez problema.



Total Knee Replacement. Bosnian

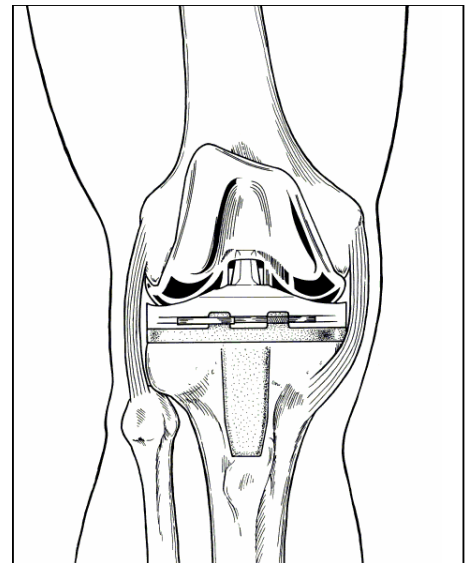
## **A Worn Knee Joint**

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.



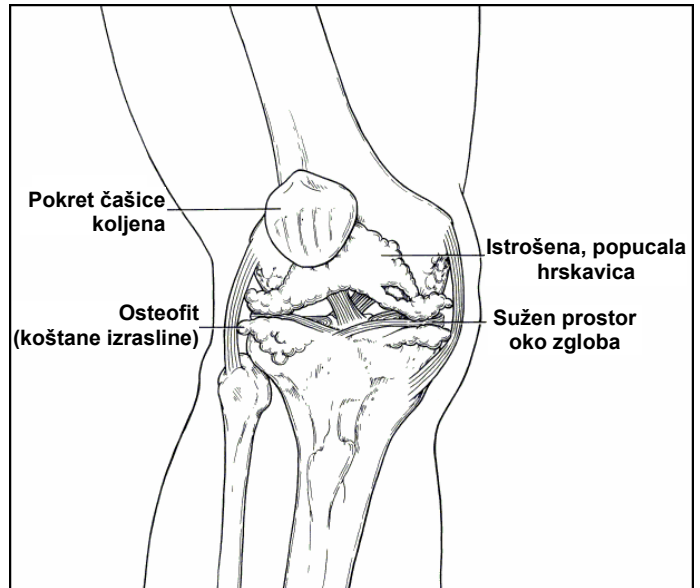
## **Total Knee Replacement**

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.



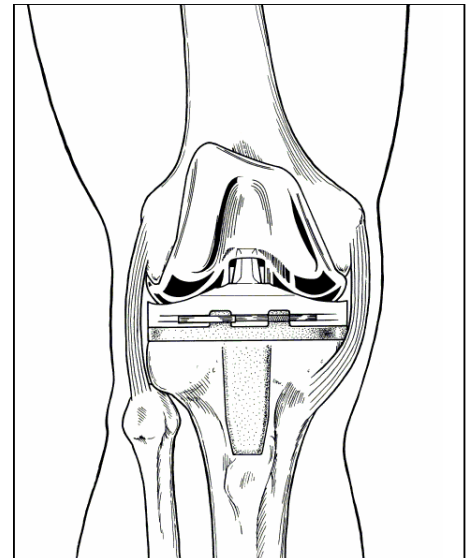
## Istrošen zglob koljena

Glatki slojevi hrskavice se mogu istrošiti u predjelu završetka kostiju. Hrkavica se troši sa godinama ili usljed povrede, artritisa ili nus pojava koje se javljaju zbog upotrebe određenih lijekova. Kada se površina kostiju i hrskavica istroše, one postanu grube kao šmirgl-papir. Dok pokrećete nogu, kosti stružu jedna o drugu, a to uzrokuje bol i ukočenost.



## Potpuna zamjena koljena

Za vrijeme operacije se uklanjaju oštećena hrskavica i završetci kostiju zgloba koljena. Novi zglob se pravi od vještačkog zgloba koji je napravljen od metala i veoma tvrde plastike. Na mjesto postavljanja, dijelovi novog zgloba se mogu učvrstiti specijalnim cementom za kosti. Površina metala je šupljikava tako da će vaša kost tokom procesa ozdravljenja srasti i očvrnuti s tom površinom.



## **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.**

## **Bolovi i pokretanje zgloba nakon operacije**

Isti dan ili dan nakon operacije, zdravstveno osoblje će vam pomoći da se pridignete i počnete hodati uz pomoć hodalice. Osjetit ćete da vas malo boli jer se tkivo oporavlja, a snaga vraća u mišiće. Ovaj bol bi trebao prestati nakon nekoliko sedmica, a dobit ćete i lijekove protiv ovog bola od operacije. Zahvaljujući novom zglobu i fizikalnim terapijama ponovo ćete se moći vratiti mnogim aktivnostima u kojima ste ranije uživali.

**Ukoliko imate bilo kakvih pitanja ili osjećate zabrinutost u vezi potpune zamjene koljena, o tome se posavjetujte sa svojim ljekarom ili medicinskom sestrom.**

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