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 Knee 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.

Articulación normal de la rodilla

La rodilla es una articulación de bisagra en la que el extremo del hueso del muslo (fémur) se une con la parte superior del hueso largo de la parte inferior de la pierna (tibia). Una rodilla saludable tiene un cartílago blando que cubre los extremos de los huesos. Los dos huesos se deslizan suavemente a medida que se dobla la rodilla. Los músculos y ligamentos alrededor de la articulación de la rodilla sostienen su peso y ayudan a que la articulación se mueva suavemente cuando camina.
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.
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 hip replacement.

Dolor y movimiento de la articulación después de la cirugía
El personal lo ayudará a ponerse de pie y a comenzar a caminar con un andador el mismo día de la cirugía o al día siguiente. Sentirá algo de dolor a medida que los tejidos sanan y los músculos recuperan su fuerza. Este dolor debe desaparecer en pocas semanas y se le recetarán analgésicos para ayudarle a aliviar el dolor de la cirugía. Con su nueva articulación y con fisioterapia, podrá retomar algunas de las actividades que antes disfrutaba.

Hable con su médico o enfermera si tiene alguna pregunta o duda sobre el reemplazo total de cadera.