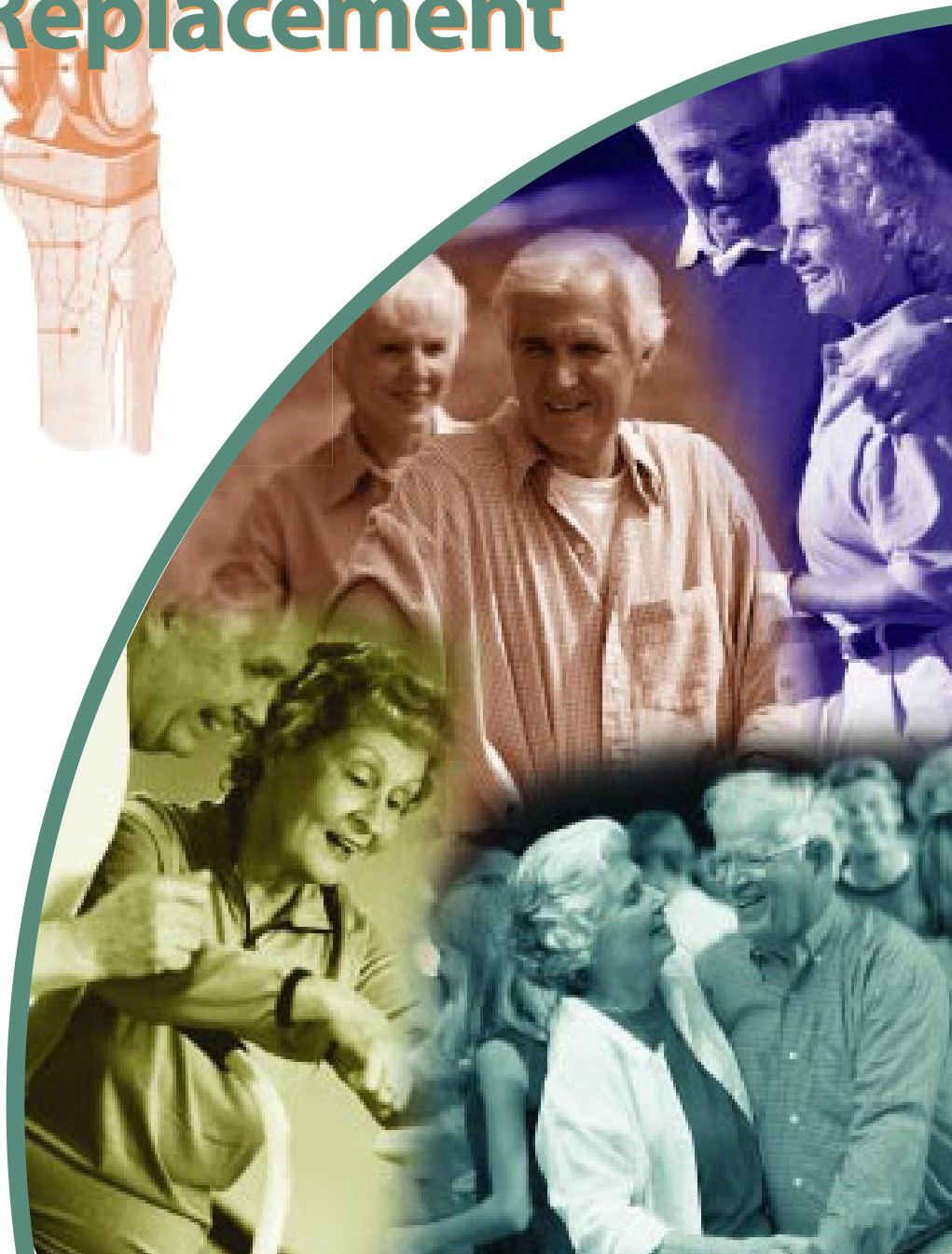


FLORIDA  
Musculoskeletal  
INSTITUTE

# Your Total Knee Replacement



## Your Total Knee Replacement

A total knee replacement is an operation to replace the worn or damaged parts of your knee joint. The surfaces of the diseased joint are removed and replaced with a mechanical, artificial joint that is called a prosthesis. This surgery can relieve the pain and stiffness in your knee joint. Our orthopaedic joint replacement surgeons are dedicated to performing state-of-the-art knee replacement procedures to improve function and eliminate pain in diseased joints. Pain in your knee or leg prevents you from doing your usual activities. Your x-rays show irregular surfaces at the knee. When more conservative treatments like medication can no longer relieve your pain and disability, it is time to consider having a total knee replacement.



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Your orthopaedic surgeon will usually encourage you to use your new joint as soon as possible after your operation. Patients will often stand and begin walking the day after surgery. You will initially walk with a walker, then crutches or cane. Most patients have some temporary pain after joint replacement as the tissues heal and the muscles regain strength. This pain should go away in a few weeks or months.

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With your new knee replacement (also called arthroplasty) and the help of your orthopaedic team, you may be able to resume some of the activities you once enjoyed. You may be permitted to go on long walks, dance, play golf, garden and ride a bicycle. Total joint replacement has an excellent track record for improving quality of life, allowing greater independence and

reducing pain. Nationally, more than half a million total joint replacements are performed each year.

## Who Is A Good Candidate For Knee Replacement?

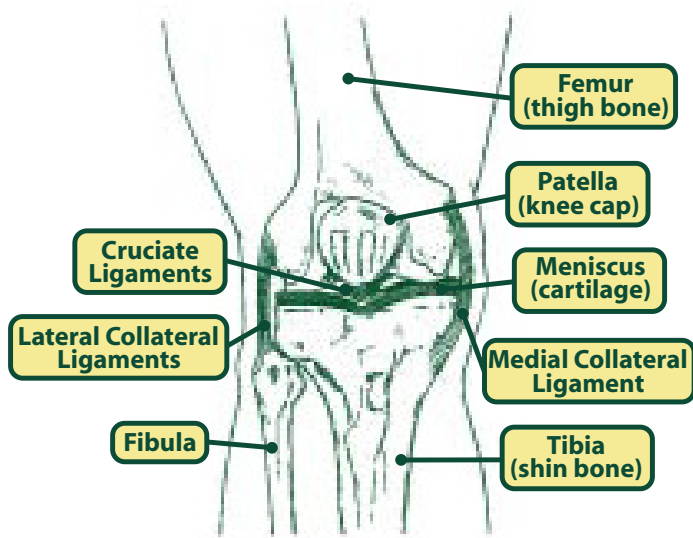
Total knee replacement can benefit patients suffering from a variety of knee problems. It is generally considered when severe pain and stiffness limit your ability to walk, work, or do other daily activities. This pain and stiffness you feel can result from the following:

- Bone diseases such as osteoarthritis (a type of arthritis where cartilage wears away, causing bones to grind together painfully).
- An earlier fracture of injury.
- A defect in the way the leg bones fit together.



Not all long-term knee problems require surgery. Joint replacement is done only after your orthopaedist has carefully diagnosed your knee problem, and when other treatments have failed to improve your condition. Most patients have tried a program of exercise, physical therapy, walking aids, medications, or weight reduction before considering surgery.

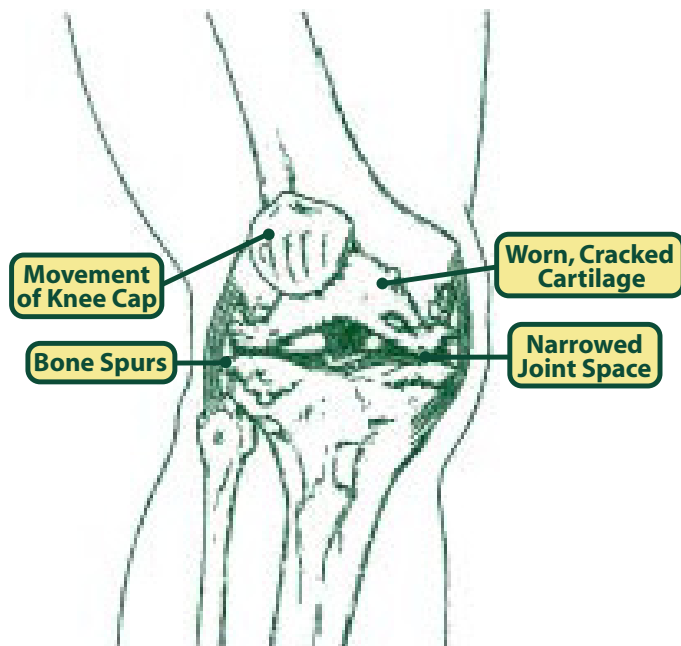
# The Normal Knee Joint

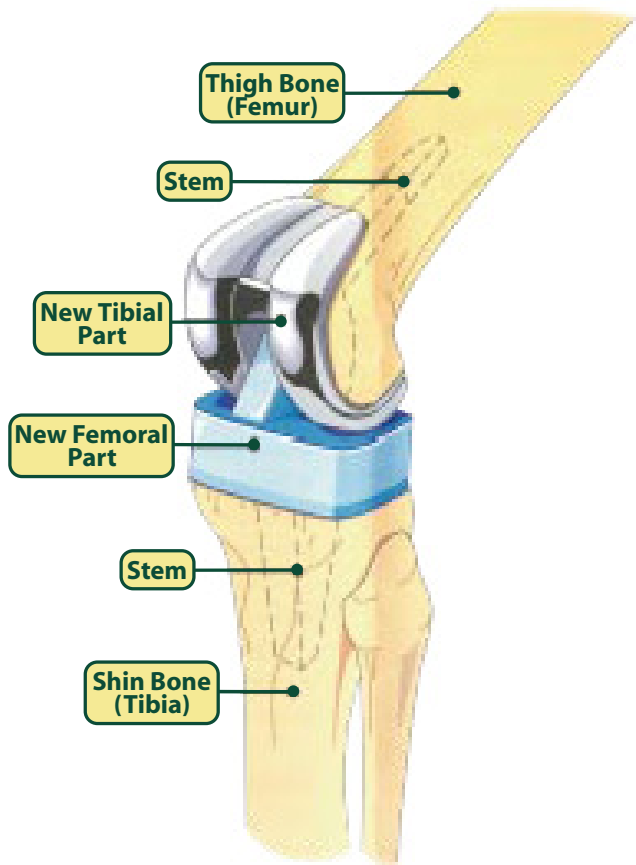


Your knee is a hinge joint where the end of the thighbone (femur) meets the beginning of the large bone in your lower leg (tibia). A healthy knee has smooth cartilage that covers the ends of the femur and tibia. The smooth cartilage between the knee joint serves as a cushion, permitting the bones to glide smoothly as you bend your knee. The muscles and ligaments around the knee joint support your weight and help move the joint smoothly so you can walk without pain.

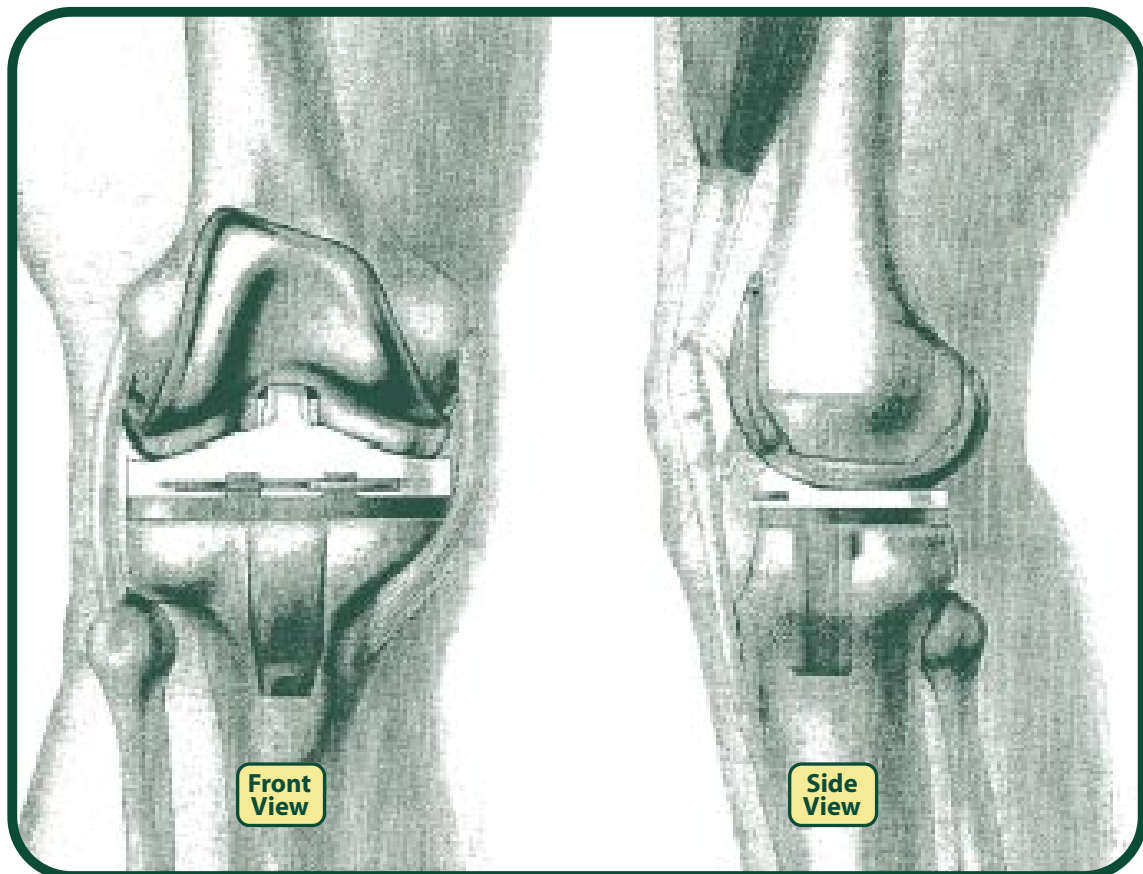
# The Degenerated Knee Joint

The smooth cartilage layers can wear down on the ends of the femur and tibia. This degeneration can happen because of injury, arthritis, or as a side effect from medicines, such as steroids. When the smooth surfaces become rough, the surfaces are like sandpaper. Instead of the joint gliding when you move your leg, the bones grind and you have pain and/or stiffness. When pain in your knee or leg prevents you from doing your usual activities and your x-rays show irregular surfaces at the knee, your doctor might suggest that you have a knee replacement.





To create a new knee joint, the ends of the bones forming the joint are surgically removed. They are replaced with parts similar to the pieces shown here. The parts of the prosthesis, which provides new smooth surfaces on the ends of the bones, are held in place with special bone cement, pressed to fit or by allowing bone to grow into it. The femoral component caps the end of the thighbone; the tibial component covers the underside of the knee joint surfaces and allows you to move and walk easily without pain.



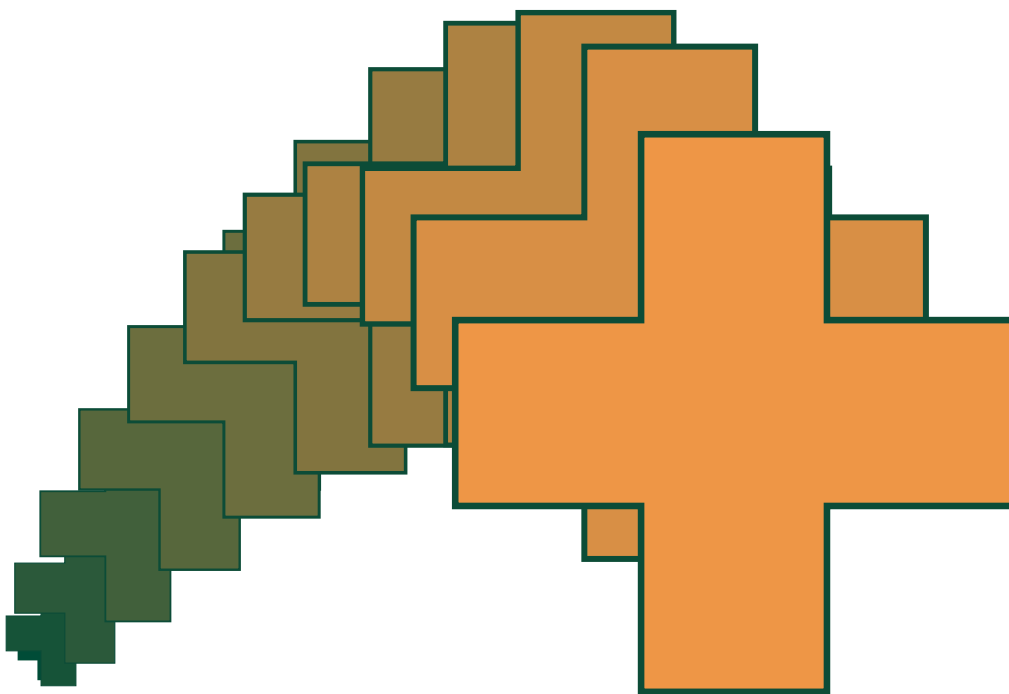
## A Positive Approach

Preparing mentally for surgery is important for your recovery. Because of medical advancements, total joint replacement surgery is possible to relieve your pain and discomfort and improve your activity level. The pain and activity limitations after surgery will be different and short term. An important part of the recovery process is using your new joint by walking and doing the exercises that your doctor orders.

Depending on your condition, your recovery and exercise plan will be tailored to meet your needs. Each patient recovers differently. If your surgery is a "revision," expect to progress at a slower pace than after your first surgery.

Your stay in the hospital will be short and your recovery will be continued after discharge in your home or an extended care facility/rehab center. It is important for you to make a commitment to follow your doctor's instructions and work on your exercise plan after surgery in order to benefit most from the joint replacement. If you need physical or emotional support coping with surgery and recovery, please talk to the staff.

The improved lifestyle after recovery is worth the risks and stress of surgery.



# Exercises

## Ankle Pumping

This exercise strengthens your calf muscles in your lower leg.

1. Lie on your back.
2. Bend your ankle and pull your foot up towards your head.
3. Push your foot back down, away from you as far as possible, like you are pushing on the brake pedal of a car.



## Quad Setting

This exercise helps your upper leg or thigh muscles

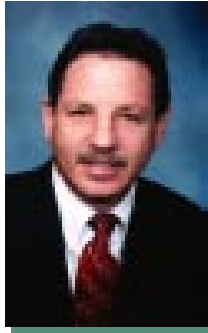
1. Tighten the muscles of your thigh.
2. Keep your knee straight. Push your knee down into the bed.
3. Think about trying to raise your heel  $\frac{1}{2}$  inch off the bed.
4. Hold for a count of 5.
5. Relax
6. Repeat with the other leg.



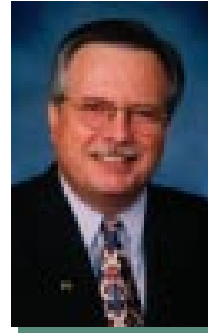
## Gluteal Sets

1. Squeeze your buttocks together.
2. Hold for a count of 5.
3. Relax and then repeat.





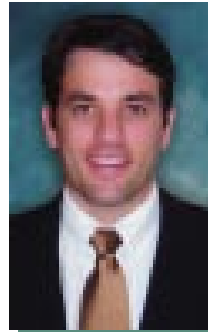
**John A. Cowin, MD**  
Board Certified  
Orthopaedic Surgeon



**H. Andrew Hunt, Jr., MD**  
Board Certified  
Orthopaedic Surgeon



**Carl O. Ollivierre,  
MD, FACS**  
Board Certified  
Orthopaedic Surgeon  
Fellowship Trained in  
Sports Medicine



**David J. Cowin, MD**  
Board Eligible  
Orthopaedic Surgeon



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600 North Boulevard West • Leesburg, FL 34748

352-728-3000

1400 US Hwy 441 N, Suite 531 • The Villages, FL 32159

352-753-4366

[www.bonesandmuscles.com](http://www.bonesandmuscles.com)

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