

# Knee Repair & Replacement

Relief From Chronic Pain



  
Advent Health



## Be Informed, Feel Empowered

When joints become diseased or injured, the resulting pain can be so severe that normal movement feels impossible. If you're suffering from knee joint pain, it's important that you understand the causes as well as your treatment options.

With a personalized care plan designed just for you, hope for healing is here. We're with you every step of the way as you feel stronger, more stable, and ready to reclaim the life you love.

### Understanding Chronic Pain

Normal knee function is needed to perform routine everyday activities. The knee is made up of the lower end of the thighbone (femur), which rotates on the upper end of the shinbone (tibia) and the knee cap, which slides in a groove on the end of the femur and tibia to provide stability. Disease or injury can disrupt the structures of the knee, resulting in pain, muscle weakness and poor function.

Knee pain is broken down into two categories — acute or chronic. Acute pain is the result of tissue injury and lasts three to six months. Chronic pain is pain that persists beyond the normal healing period, and longer than three months.

### Symptoms of Knee Joint Problems

- Can't put weight on your knee
- Inability to fully straighten the knee
- Knee pain with activity
- Pain in the knees while standing or walking short distances, climbing up or down stairs, or getting in and out of chairs
- Severe or chronic knee pain
- Start-up knee pain or stiffness when initiating activities from a sitting position
- Swelling or stiffness in one or more areas of the knee
- Weakness or instability

## Treatment Options

AdventHealth offers advanced knee repair and replacement procedures that greatly reduce pain, scarring and recovery time. Options include:

- **Arthroscopic surgery.** Depending on your injury, an orthopedic surgeon can repair the damaged cartilage and ligaments through a few small incisions around your knee.
- **Minimally invasive partial-knee replacement.** Replaces only the most damaged portion of your knee.
- **Total-knee replacement.** Removal of the damaged bone and cartilage from your thighbone, shinbone and kneecap, and then replacing it with an artificial joint.

## When to Consider Knee Replacement

Your physician and orthopedic surgeon will guide you and your family as you decide whether total-knee replacement surgery is your best option. You may benefit from total-knee replacement if:

- Severe knee pain exists with everyday activities like standing up, walking and climbing stairs; or when walking certain distances causes pain and requires the use of a cane or walker.
- You have moderate or severe knee pain while resting — either day or night.
- Chronic knee inflammation and swelling doesn't improve with rest or medications.
- You have a knee deformity (a bowing in or out of your knee).
- You have knee stiffness (inability to bend and straighten your knee).
- Non-steroidal anti-inflammatory drugs fail to relieve pain.
- You cannot tolerate pain medications, or you experience complications.
- You fail to substantially improve with other treatments such as cortisone injections, physical therapy or other surgeries.





## Surgical Recovery

In many cases following surgery, our patients are able to walk the same day, drive a car in the first few weeks, and return to normal daily activities shortly thereafter.

### Let's talk in person.

**If you're struggling with pain, stiffness and limited mobility, don't face it on your own any longer. Find out how we can help with a tailored treatment plan that gets you back to feeling like yourself again.**

For more information about AdventHealth's knee repair and replacement program or to make an appointment, call 706-307-6026.

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