

## Total Knee Replacement

When all measures of conservative treatment have failed, it may be time to consider a total knee replacement. This procedure involves surgically removing all arthritic bone surfaces and replacing them with a prosthesis. It is a major operation that requires an inpatient hospital stay of several days, and is usually followed by a stay in the skilled nursing unit of the hospital until you are able to meet your goals and go home safely. You will then have home physical therapy for approximately one month, and then continue with outpatient physical therapy. Recovery from this operation is about six months. A total knee replacement has a life span of ten to fifteen years.



Before and after total knee replacement

### Additional Resources:

American Academy of Orthopaedic Surgeons  
[www.aaos.org](http://www.aaos.org)

The Arthritis Foundation  
[www.arthritis.org](http://www.arthritis.org)

American Physical Therapy Association  
[www.apta.org](http://www.apta.org)

Smith & Nephew—Supartz  
[www.supartz.com](http://www.supartz.com)

Edheads  
[www.edheads.org/activities/knee/](http://www.edheads.org/activities/knee/)

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# Arthritis:

## Pain Management and Treatment Options

Tel: 727.573.KOCO

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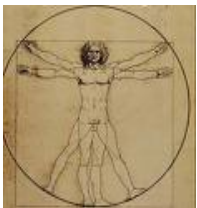
## What is Arthritis?

Arthritis is a degenerative process which results in the loss of articular cartilage, the cartilage that lines the ends of the bones. This cartilage provides a smooth, non-stick surface in the joint. Arthritis can cause pain, swelling and grinding within the joint.



## Physical Therapy

Physical therapy is intended to strengthen the muscles around the joint, which decreases the amount of pressure on the joint.



A licensed physical therapist will tailor a program for you that will improve your strength and flexibility, and help you return to activities you enjoy without stressing the knee.

## Vitamins and Supplements

Glucosamine, a compound of the simple sugar glucose and the amino acid glutamine, has been shown to be an effective natural means of slowing cartilage breakdown and encouraging cartilage repair. Chondroitin is a naturally occurring component of cartilage. Methylsulfonylmethane (MSM) is a natural source of sulfur that can help relieve arthritis pain and maintain joint health.



## Oral Anti-inflammatories (NSAIDs)

Oral medications such as ibuprofen and naproxen can reduce the inflammation associated with arthritis and relieve pain. They work by inhibiting enzymes that are involved in the process of inflammation. Some of these anti-inflammatories are available over the counter, whereas some require a prescription from a doctor. Discuss these options with your doctor to determine which one may be best for you.

## Cortisone Injections

Cortisone is a type of steroid that is produced naturally in the body by the adrenal gland. Injectable cortisone is synthetically produced and is injected directly into the area of inflammation. It is more potent and longer-acting than naturally produced cortisone. It can alleviate pain by decreasing inflammation, while keeping potential side-effects to a minimum. These injections can be given once every three months.

## Joint Fluid Therapy

An additional form of treatment for knee arthritis is joint fluid therapy. This consists of a series of three injections of hyaluronan, a natural chemical found in joint fluid, that are given over the course of three weeks. This injectable acts as a lubricant and a shock absorber in the arthritic knee. The injections provide relief in approximately 70% of patients who receive them, and relief typically lasts six months to one year.

