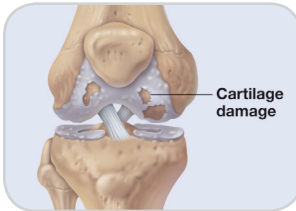


What causes knee pain?

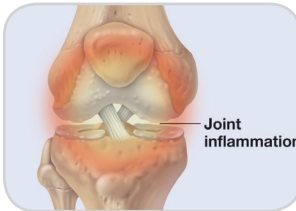
Osteoarthritis

Years of normal use can cause cartilage to crack and wear away. As exposed bones rub together, they become rough and pitted, causing the joint to grind together. Individuals who are overweight or have an alignment problem such as “knocked” or “bowed” knees put extra strain on the joint. This may cause damage to occur earlier in life.



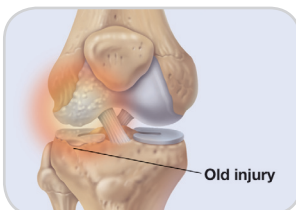
Inflammatory Arthritis

Chronic diseases, such as rheumatoid arthritis or gout, can cause swelling and inflammation of the joint lining. As the disease progresses, cartilage can wear away, causing the joint to stiffen.



Injury

Any previous injury to the knee, even a bad fall, can cause permanent injury to the joint. If the injury doesn't heal properly, extra strain can be put on the joint. Over time, this can cause cartilage to wear away (traumatic arthritis).



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Knee Pain



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What is knee reconstruction surgery?

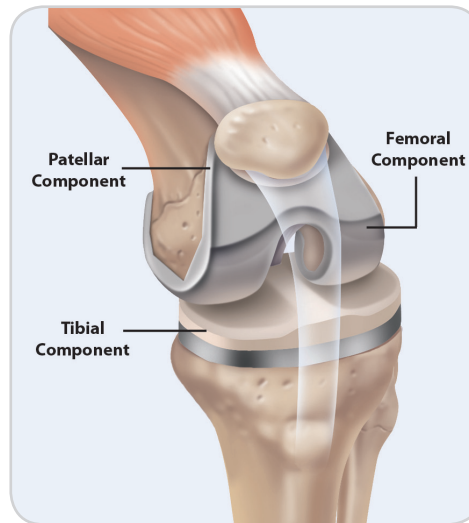
Knee joint reconstruction surgery replaces the damaged knee joint with an artificial joint. During the procedure, the damaged portions of the femur bone and cartilage are removed. The end of the femur is reshaped and the artificial joint is introduced to restore alignment and function of your knee.

What are the benefits of knee reconstruction surgery?

The majority of people who undergo joint replacement surgery experience a drastic reduction in pain and a great improvement in their ability to do everyday things like going to the store, cleaning house, walking around town, and engaging in light exercise like walking, swimming, dancing, and stair climbing. While some high impact activities, such as football or long distance running, should be avoided after surgery, most individuals will be able to return to an active lifestyle.

What are the components of the artificial joint?

- The tibial component replaces the top surface of the lower leg bone, the tibia.
- The femoral component replaces the bottom surface of the upper leg bone, the femur, as well as the grooves where the knee cap fits.
- The patellar component replaces the surface of the kneecap.



Will I need physical therapy after the surgery?

A dedicated rehabilitation program is important to your outcome after surgery. A member of the Orthopedic Care Team will work with you to develop a rehabilitation plan that discusses the steps in your recovery.

The outcome and speed of recovery following joint surgery typically depends on:

- Activity level before surgery
- Overall health
- Severity and duration of physical impairment before surgery
- Attitude and motivation towards recovery

Are there risks associated with knee joint reconstruction surgery?

While there are risks associated with any surgery, they are minimal. Your physician will discuss any risks involved with the procedure.

To find out if joint reconstruction may be right for you, please speak with your physician or call 940.898.0629 for a physician referral.

