

Total Knee Replacement

What is it: Total Knee Replacement is a surgery which removed the damaged knee joint and replaces it with metal and plastic components for the entire knee or the damaged part of it.

Symptoms: The joint is usually most painful at first thing in the morning and pain eases with movement as the day goes on. A constant pain occurs with walking and going up and down stairs signals worsening arthritis. When arthritis progresses to bony deformity, marked joint space narrowing and sclerosis as seen on X-ray, a knee replacement is often suggested.

Treatment: Physical Therapy begins immediately post-op, with training in the use of assistive devices for walking, passive range of motion and cold packs for swelling. Patients may receive PT at home or in a rehab facility until they are able to attend out-patient PT. At this time, following your surgeon's protocol, PT will address pain relief, range of motion, gait training, strength, balance and return to recreational activities, by utilizing manual techniques, modalities, and a home exercise program.