

ADVICE AND EDUCATION:

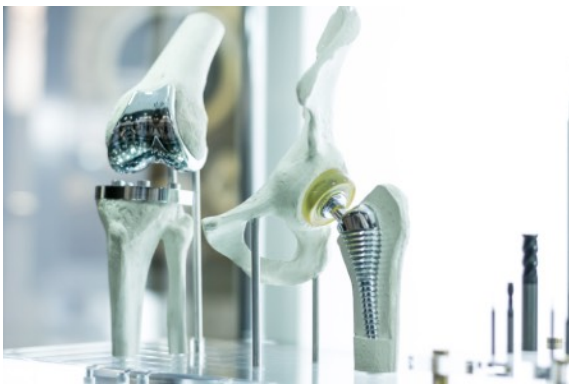


**GREAT
NORTHERN**
PHYSIOTHERAPY

Joint Replacement

WHAT IS IT?

Joint replacement surgery is carried out on when joint is diseased, deformed or unable to function in a normal capacity or when symptoms start to limit a persons daily activities and quality of life. The ends of the bones and hard cartilage are removed and replaced with a prosthesis made of metal and plastic to replicate normal joint movement.



For a partial knee replacement approximately 1 person in 10 needs further surgery after 10 years. Further surgery may be needed in the event of any complications e.g. infection, fractures, the prosthesis becoming loose. Revisions (or repeated) joint replacement are more likely if the patient is overweight and/ or involved in heavy manual work.



WHO IS AFFECTED?

It is a very common procedure for those affected by Osteoarthritis. In England, Wales and Northern Ireland 96,717 Primary Total Hip Replacements and 106,334 Primary Total Knee Replacements in were carried out in 2017.

PROGNOSIS:

80–90% of total Knee Replacements will last approximately 20 years and possibly longer.

TREATMENT:

- Early management is essential.
- Scar management and swelling control.
- Gait re-education with walking aids.
- Range of Movement exercises and manual therapy to help restore full joint function.
- Strengthening, Functional Rehabilitation and Balance training.

ADVICE AND EDUCATION BY:



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