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Understanding Arthritis and Knee Replacement Surgery



Living with knee pain caused by arthritis can be challenging. Daily activities like walking, standing, or even sitting comfortably may become difficult. This guide is here to help you understand arthritis, its treatments, and why knee replacement surgery might be the best way to reclaim your mobility, independence, and quality of life.

What is the Knee Joint?



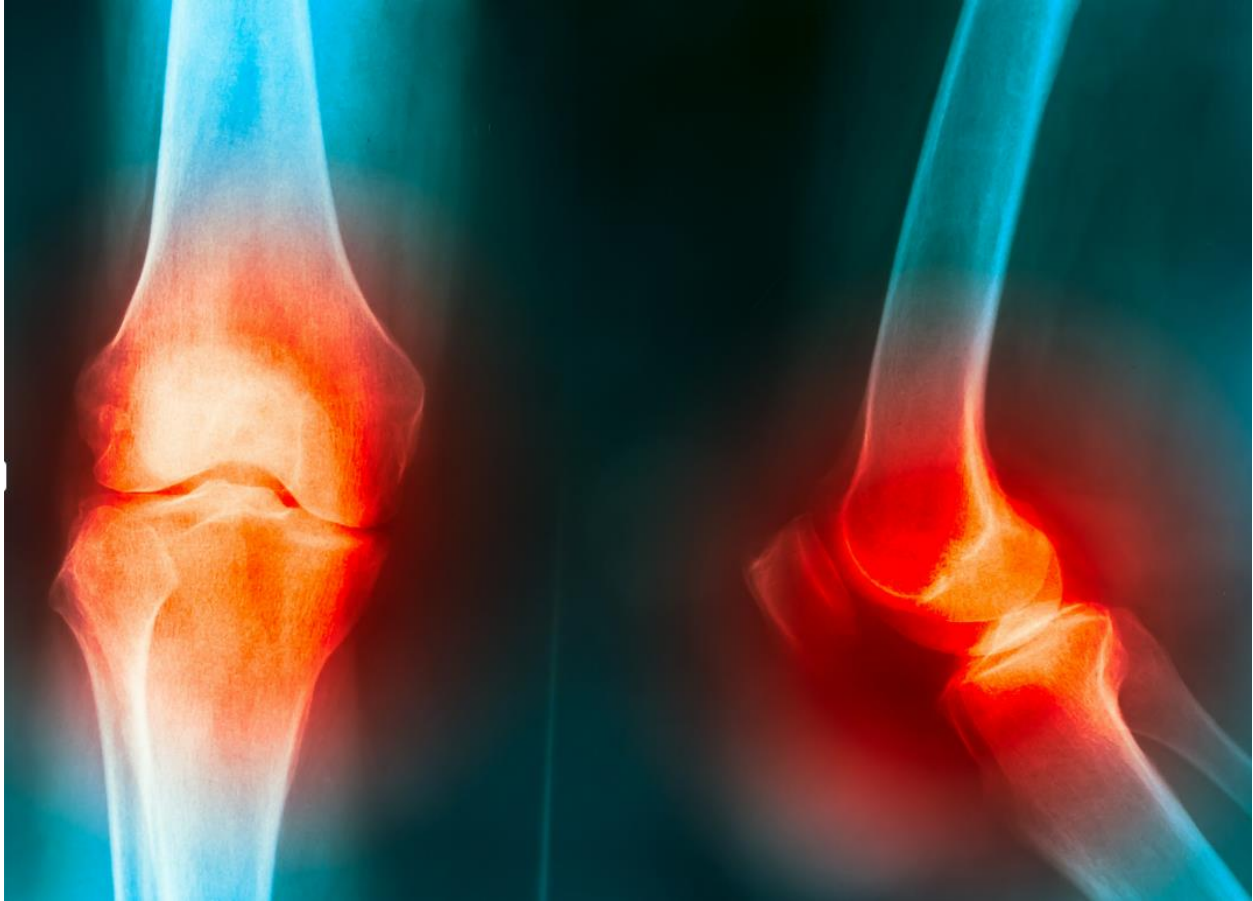
Your knee is an incredible joint that allows you to move, bend, and support your body. It consists of three bones:

- The **thigh bone (femur)**
- The **shin bone (tibia)**
- The **kneecap (patella)**

These bones are connected by ligaments for stability and are cushioned by cartilage and fluid to absorb shock and reduce friction.

Arthritis damages these essential structures, leading to pain, stiffness, and swelling.

What is Arthritis?



Arthritis is a condition that causes inflammation and wear-and-tear in your joints. Common types include:

- **Osteoarthritis:** Wear-and-tear from aging or overuse.
- **Rheumatoid Arthritis:** An autoimmune condition that attacks your joints.
- **Psoriatic Arthritis:** Linked to psoriasis, affecting the skin and joints.

Symptoms may include:

- Pain and swelling.
- Stiffness and difficulty moving.
- Limping or joint instability.

X-rays often show reduced joint space, bone spurs, and other changes that confirm arthritis.

Treatment Options

When it comes to arthritis, there are two main paths:

1. Non-Surgical Treatments



These options may help reduce symptoms but are often temporary solutions:

- Weight management to reduce stress on your knees.
- Medications to control pain and inflammation.
- Physiotherapy and assistive devices (e.g., braces or walking aids).
- Injections, like cortisone, for short-term relief.

However, non-surgical treatments **cannot reverse arthritis** or restore damaged cartilage.

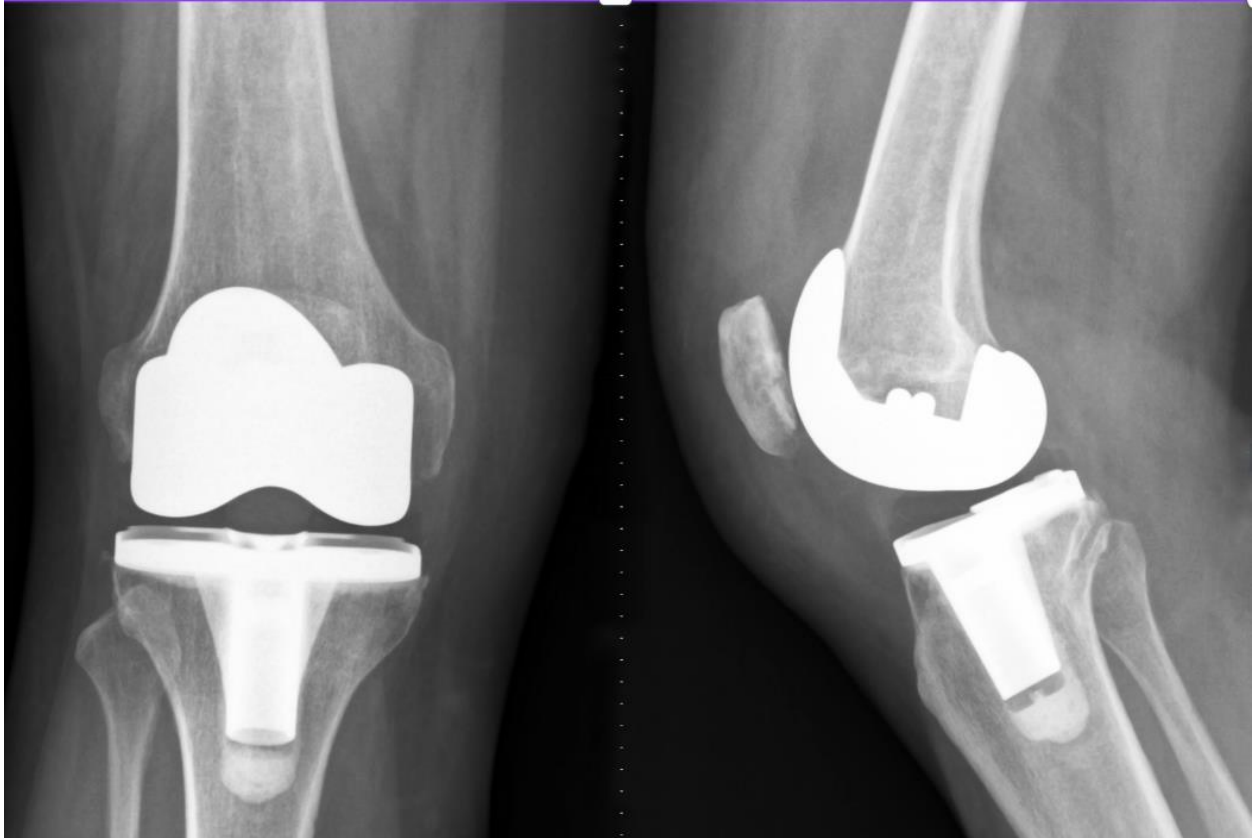
2. Surgical Treatments

If non-surgical methods are no longer effective, surgery may be the best option.

Why Choose Total Knee Replacement?

- **Pain Relief:** Say goodbye to chronic knee pain.
- **Improved Mobility:** Walk, bend, and enjoy life again.
- **Better Quality of Life:** Regain your independence and favorite activities.
- **Long-Lasting Results:** Modern knee replacements can last 15–20 years or more with proper care.

What is a Total Knee Replacement?



In total knee replacement, the damaged parts of your knee are replaced with an artificial joint. This involves:

- Resurfacing the lower end of your thigh bone and the upper end of your shin bone with metal implants.
- Adding a plastic spacer between them to allow smooth movement.
- Optionally resurfacing the kneecap if necessary.

This surgery is highly successful and can restore function, relieve pain, and correct deformities in the knee.

Why Should You Consider Surgery?

If arthritis has made daily life difficult despite trying non-surgical options, it's time to consider knee replacement surgery. Signs that surgery might be right for you include:

- Pain that interferes with sleep or everyday activities.
- Difficulty walking or climbing stairs, even with a cane.

- A noticeable limp or knee instability.
- Limited range of motion, making it hard to bend or straighten your knee.

Understanding the Risks

All surgeries come with risks, but complications from knee replacement surgery are rare and often manageable. Potential risks include:

- Blood clots or infection (preventable with proper care).
- Nerve or vessel injury (very rare).
- Stiffness or delayed healing.

Your surgeon will take every precaution to minimize these risks and ensure a safe and smooth recovery.

The Benefits Outweigh the Risks



Knee replacement surgery is one of the most successful procedures in modern medicine. The relief from pain and the ability to move freely again often far outweigh any risks. Most patients feel the surgery is life-changing, allowing them to return to activities they once thought were impossible.

Next Steps

- 1. Talk to Your Surgeon:**

If you think total knee replacement might be the right option for you, we're here to help. Together, we'll evaluate your condition, review your medical history, and decide on the best course of action.

- 2. Prepare for Surgery:**

A successful surgery starts with good preparation. Your care team will guide you through pre-surgical tests, medication adjustments, and exercises to ensure you're ready.

- 3. Commit to Recovery:**

Rehabilitation is essential for a full recovery. After surgery, you'll work with physiotherapists to regain strength, flexibility, and confidence in your new knee.

We're Here for You

Choosing knee replacement surgery is a big decision, but you don't have to make it alone. Our team is dedicated to supporting you every step of the way, from preparation to recovery. Let's work together to help you take the first step toward a pain-free life.

For more information, please visit www.tecorthopedics.com or contact us at orthopodtec@gmail.com.

Sincerely,



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Hips and Knees Preservation, Replacement and Revision