

## **Total Knee Replacement (Expectations)**

### **Aim**

Total knee replacements are done to remove the arthritic pain from your knee.

They may also:

- Increase your walking distance if this is limited by pain.
- Straighten your knee if it is bent due to the wear from the arthritis.
- Improve the range of movement in your knee.

### **Range of movement**

The average range of movement after a knee replacement is

0 – 95° (Straight to just past a right angle)

The best predictor of movement after surgery is how far your knee moves before the surgery.

The aim is to keep the movement you have before surgery or improve on it.

Mr Lavender will document at surgery how much your knee bends and your knee will go straight at the time of your surgery. It is up to you, and your physiotherapist, to keep this movement.

### **Crutches**

You can stop using these when you have the muscle strength and control to walk normally.

<b>Success Rate</b>	90%	Get relief of their pain.
(at 5 years)	5%	Get an improvement in their pain, but it is not perfect.
	5%	Are unhappy with the result of their surgery.

### **Continued improvement**

Total knee replacements continue to improve for up to 2 years after the operation.

### **Swelling, Warmth & Numbness**

The swelling in the operated knee and leg improves for up to 6 months.

The operated knee is warmer than the opposite knee for up to 6 months.

There is an area of numbness next to the scar that gets smaller over 18 months.

### **Driving**

You should inform the DVLA, your insurer and not drive for 6 weeks.

Left leg            Automatics can be driven when able to get in and out of the car.

Right leg          Return after 6 weeks and able to do an emergency stop.

### **Work**

Depends upon the type of work you do. 1 in 200 people do not get back to work.

Rough guide:	Light work	6 weeks.
	Heavy work	12 weeks.

### **Kneeling**

This can be done as soon as you feel comfortable.

### **Flying**

Flying immediately after surgery risks blood clots going to the lungs (PE) and even death.

Under 4 hours            6 weeks

Over 4 hours            12 weeks

### **Sport**

See separate sheet.