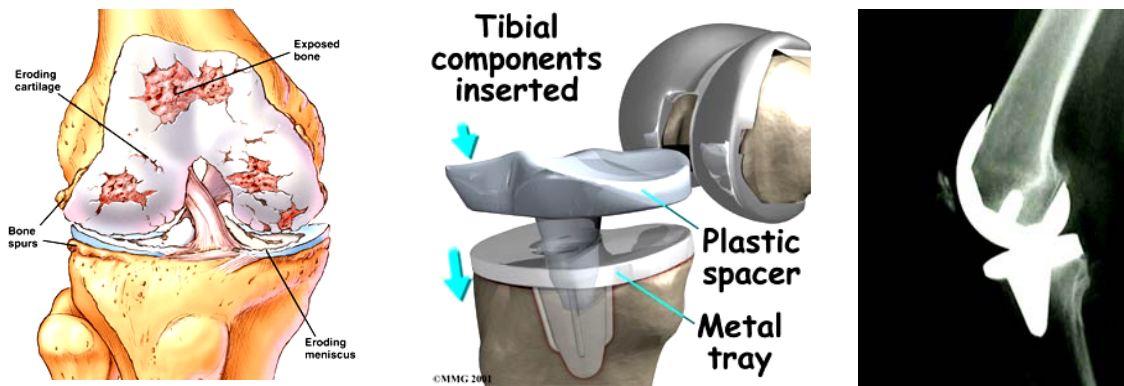


KNEE ARTHROPLASTY

Definition: Arthroplasty - Any reconstructive joint procedure, with or without joint implant, designed to relieve pain and / or restore joint motion.^{1,2,6,8}

Pathophysiology: Knee arthroplasty may be indicated in cases like osteoarthritis, disabling knee pain with functional impairment and failed conservative measures.^{1,2,8}



KNEE OSTEOARTHRITIS TOTAL KNEE ARTHROPLASTY ARTHROPLASTY X-RAY

Affected People/Population: Osteoarthritis is the leading cause of knee arthroplasty. The most commonly affected people are ages 60 and above. Affects men more than women.^{1,2,8}

Medications: Antibiotics are prescribed to control infections. Analgesics such as mefenamic acid and ibuprofen are given to relieve pain. Specific medications are given depending on the disease/condition the patient has.^{2,3,8}

Surgery: Depending on the type of arthroplasty, surgery may involve: removal of bone (osteotomy), removal of synovium (synovectomy) and replacement of a part/s of a joint.^{1,2,4,8}

Physical Therapy: The physical therapist is an important health professional involved in preoperative, postoperative and rehabilitation. The primary goals are: 1) restore function 2) decrease pain 3) gain muscle control 4) Return or improve levels of function. Initial treatment includes: Therapeutic exercises, transfer and gait training, and instructions in activities of daily living. Once the patient has achieved an adequate level of function, routine regular exercise and physical activity to support cardiovascular fitness is crucial to long term outcome and quality of life.^{1,2,4,7,8,}

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