



Knee Replacement Symptoms & Relief

SWIPE





Our knees work hard every day carrying our weight, supporting movement and absorbing impact. But, how do you know if your knee pain is just a sign of aging or if it's something more serious?

A knee replacement has transformed the lives of millions, offering relief from chronic pain and improved mobility. However, like any major surgery, it comes with its own considerations, including risks and benefits.

This Knee Replacement guide outlines the symptoms to watch for, and the best course of action to relieve knee pain.

WHY?

Why Do I Need A Knee Replacement?

Knee replacement surgery is usually recommended when the knee joint is badly worn, most often by osteoarthritis.

Other conditions leading to knee replacement include rheumatoid arthritis or previous injury. Over time, the protective cartilage in the joint wears away, causing the bones to rub together.

This can lead to severe pain, swelling, stiffness and difficulty with everyday activities.

5 SYMPTOMS

1. Persistent Pain

- Ongoing pain that doesn't improve with rest, medication or physiotherapy.
- Pain that keeps you awake at night or disturbs your sleep.
- Discomfort even when sitting or lying down.

2. Stiffness and Limited Movement

- Struggling to bend or straighten your knee fully.
- Finding it difficult to get up from a chair, climb stairs or walk short distances.
- Needing extra support, like leaning on furniture, using a stick
- Avoiding outings because of mobility problems.



“A total knee replacement aims to reduce pain, increase mobility and improve the patient's overall quality of life.”

5 SYMPTOMS



3. Swelling and Inflammation

- Frequent swelling around the knee that doesn't go away with rest or ice.
- A feeling of warmth in the joint, even without obvious injury.
- Recurring fluid build-up (sometimes called "water on the knee").

4. Grinding, Popping or "Bone-on-Bone" Sensation

- A grinding or crunching feeling when moving the knee (known as crepitus).
- Hearing clicks or pops that come with pain.
- A sense of the knee "giving way" or feeling unstable.



5 SYMPTOMS

5. Impact on Daily Life and Wellbeing

Perhaps the most telling sign is the way knee pain interferes with everyday living:

- Struggling to enjoy hobbies like gardening, walking or playing with grandchildren.
- Avoiding social events because of mobility worries.
- Relying more on painkillers than you would like.

“If you are experiencing knee pain signs and symptoms like these despite non-surgical treatments, it is time to consult with an orthopaedic specialist.”



TYPES



When to Seek Medical Advice

If you or your relative is experiencing several of the symptoms above, it is time to book an appointment with David Stitson, a Consultant Orthopaedic Surgeon based in Plymouth.

He can assess the severity of joint damage and advise whether treatments such as physiotherapy, injections or ultimately, knee replacement surgery are appropriate.

Types of Knee Replacement

There are two main types—**Total Knee Replacement** (TKR) and Uni-Compartmental or **Partial Knee Replacement** (UKR).

TKR is more common and involves replacing the entire joint, while UKR only replaces the damaged portion of the knee.

STRATEGIES

7 Strategies to **Relieve** Knee Pain

1. Physiotherapy and Exercise
2. Dietary Adjustments and Supplements
3. Alternative Therapies
4. Lifestyle Modifications
5. Injections
6. Orthotic Devices
- 7. Knee Surgery**

If you have tried physiotherapy, medications and lifestyle changes with little or no relief, surgery might be the next option to relieve pain and restore mobility.

"Knee surgery can improve mobility, reduce pain, and enhance quality of life."

RELIEF



What You Can Expect

Pain Relief

- Knee surgery can relieve pain caused by arthritis or other conditions that damage the knee
- Many people are able to reduce or eliminate their need for pain medications

Improved Mobility

- Knee surgery can help people move more easily and do everyday activities like walking, climbing stairs and exercising
- Many people are able to return to activities they had to give up due to arthritis

Enhanced Independence

- Knee surgery can help people regain a sense of self-sufficiency by allowing them to move around freely and return to hobbies



RELIEF

What You Can Expect (cont.)

Improved Quality of Life

- Knee surgery can help people regain their mobility and **relieve long-term pain**
- Many people who have a knee replacement say they **feel better** than they have in years

Long Lasting Results

- Most knee replacements can be expected to last at least 15 to 20 years



"If knee pain persists, exploring surgical options might become necessary"

RELIEF



Deciding to undergo knee surgery is a significant step, and certain criteria can help determine if it's the right choice

Get in Touch

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