When Do I Need to Have My Knee Replaced?

- The amount of knee replacements has doubled in the past 10 years.
- 97% of knee replacements were performed due to arthritis
- 85% of individuals find relief
- >99% of knee replacements are successful.¹
- Replacements can last more than 25 years

Treatment Options

### Non-Surgical

- Physical Therapy
  - Education on how to protect joints while remaining active
  - Pain management
  - Therapeutic exercises
- Massage
- Mind-Body Relief²
- Steroid Injections

### Surgical

- Knee Scope
  - No benefits after 2 years³
- Total Knee Replacement
  - Minimal effects on quality of life
  - Significant improvement in severely affected patients⁴

¹ https://medlineplus.gov/ency/article/002974.htm
²
³
⁴
10 Questions to Ask Yourself Before Scheduling a Knee Replacement Surgery

1. Can I live with the pain I’m experiencing now?
2. Have my pain and stiffness gotten increasingly worse over the past year?
3. Have I given up on activities I enjoy because of my pain?
4. Have I explored all the treatment options available?
5. How will surgery improve my condition?
6. Is my overall health well enough for surgery?
7. Am I prepared to work through the recovery process?
8. Does my insurance policy cover the costs of joint surgery and recovery?
9. Will I be able to take the necessary time off?
10. Do I have a support system in place to help during my recovery?

Based on research, it is best to wait to have a total knee replacement until the pain is severe enough to interfere with your daily activities.

Reducing risk factors for osteoporosis such as obesity and knee injury can help postpone the need for a knee replacement.

Author: Clarke Huntsman, SPT

References