



# KNEE REPLACEMENT (TKA)

## INDICATIONS, APPROACHES, AND RECOVERY



### KNEE ANATOMY

- The knee is a hinge joint made up of the thigh (**femur**), shin (**tibia**), and kneecap (**patella**) bones
- TKA replaces the ends of these bones with **metal** and a **plastic** spacer

### WHO CAN BENEFIT

- Osteoarthritis (breakdown of joint **cartilage**) is the most common reason for TKA
- At first your doctor may recommend
  - **Visco-supplement** or **Cortisone** injections and physical therapy
- When quality of life suffers, it may be time for TKA

SEE OUR JOINT INJECTIONS POSTER FOR MORE INFO!



### APPROACHES

- **Ligaments** in the knee connect bone to bone
- Certain implants may **remove** or **reinforce** these ligaments
- Alignment of the implant may be **kinematic** or **mechanical**
- Talk to your surgeon about the implant and alignment that is **best for you**

### RECOVERY

- On average, surgery takes **2 hours**
- Most stay in the hospital for **1 to 3 days**
- Recovery can take **2 to 4 weeks**
- On average, implants last **15 to 20 years**

### DISCLAIMER

Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner

### SOURCE

<https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/arthroplasty>