



# ARTHRITIS AND TOTAL KNEE REPLACEMENT

**T**he knee is the largest joint in the body and having a healthy knee is required to perform most of the daily activities. The knee is made of Lower end of thigh bone (femur) and upper end of shinbone (Tibia) and knee cap (Patella). The ends of these three bones where they touch are covered with smooth articular cartilage that protects the bone and enable them to move easily and pain free.

Arthritis of the knee is a painful condition which is due to wearing away of smooth surfaces (Cartilage) of the Joints. In advance stage the cartilage is completely worn out and bone ends rub against each other producing severe pain and disability which adversely affects the quality of life.

Arthritis can develop because of old age, previous injuries, fractures, infections and diseases like Rheumatoid Arthritis. Most common type is aging degenerative arthritis which is called osteoarthritis. It starts in middle age due to wear and tear of the joints.

In early stages osteoarthritis can be treated with medicines, physiotherapy, weight

reduction, heat therapy, electrotherapy, splints, use of walking stick can give relief in pain.

In advance stage when cartilage is completely worn out, pain becomes chronic and constant not getting relief from medicines, pain does not allow one to walk even short distances and adversely affecting social, professional and personal life. At this stage Total Knee Replacement is recommended.

In this operation the damaged ends of the knee joint bones are replaced with artificial surfaces similar in shape and function to native tissue.

Total Knee Replacement provides relief from pain, disability and corrects the deformity. After the surgery patient returns to most of his/her normal activities with some life style modifications. It provides better quality of life and greater independence.



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The total knee replacement surgery is safe and reliable and works for approximately 15 years. Later on if required revision surgery is done.

*Dr. J.P Jain*  
*Senior consultant Joint Replacement Surgeon at MGM New Bombay Hospital, Vashi with a combined 32 years of experience of more than 5000 successful Knee and Hip Replacement surgeries under his belt.*

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