

Q:

What can I do, if anything, for the best possible outcome of my joint replacement surgery?

A:

Be prepared and ask questions. Research your surgery and the rehabilitation process ahead of time, know what the surgery can do and what it cannot do, line up sufficient help, stay active or get as active as you can ahead of time. If you need help improving your fitness, you may want to perform physical therapy "prehab." If you're overweight, losing weight will reduce stress on your joints. Once you decide to have surgery, follow the recommendations of your care team.



REALISTIC EXPECTATIONS OF **KNEE REPLACEMENT SURGERY**

An important factor in deciding whether to have total knee replacement surgery is understanding what the procedure can and cannot do.

More than 90% of people who have total knee replacement surgery experience a dramatic reduction of knee pain and a significant improvement in the ability to perform common activities of daily living. But total knee replacement will not allow you to do more than you could before you developed arthritis.

With normal use and activity, every knee replacement implant begins to wear in its plastic spacer. Excessive activity or weight may speed up this

normal wear and may cause the knee replacement to loosen and become painful. Therefore, most surgeons advise against high-impact activities such as running, jogging, jumping, or other high-impact sports for the rest of your life after surgery.

Realistic activities following total knee replacement include unlimited walking, swimming, golf, driving, light hiking, biking, ballroom dancing, and other low-impact sports.

With appropriate activity modification, knee replacements can last for many years.