



**Your Guide to**

**KNEE**

**REPLACEMENT**

**Surgery**





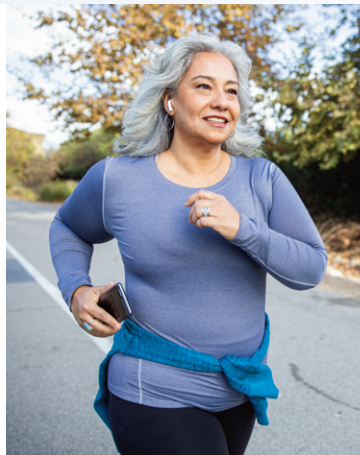


# YOUR GUIDE TO KNEE REPLACEMENT SURGERY

**K**nee replacement is a surgical procedure to replace all or part of the worn, diseased, or damaged surfaces in the knee joint with new artificial parts (prosthesis) made of metal and plastic. The artificial parts are designed to be flexible, strong and durable, and to move like a normal knee thus alleviating pain and restoring mobility. It is usually considered a last resort when all other treatment options have failed.

## Why Knee Replacement Surgery?

The most common reason for knee replacement surgery is to relieve severe pain caused by osteoarthritis. People who need knee replacement surgery usually have problems walking, climbing stairs, and getting in and out of chairs. Some also have knee pain at rest.



## Your Guide to Knee Replacement Surgery Index:

- [What Is Osteoarthritis?](#)
- [Joint Replacement Surgery—What to Expect](#)
- [Who Needs Knee Replacement Surgery?](#)
- [What Is the Difference Between Total Knee Replacement and Partial Knee Replacement?](#)
- [The Cooper Joint Replacement Program](#)



## What Is Osteoarthritis?

Osteoarthritis is a chronic disease that affects the hips, knees, hands, neck, and lower back. This disease is progressive and most often worsens with time. The easiest way to describe osteoarthritis is “wear and tear” of the cartilage of a joint. Symptoms of osteoarthritis include activity-related pain, stiffness, muscle weakness, swelling, and joint deformity.

## Total Joint Replacement— What to Expect

Total joint replacement is very effective in treating degenerative joint disease of the hip and knee. However, a successful outcome after total knee replacement also depends on the postoperative rehabilitation. Most patients require home and/or outpatient physical therapy.

The first phase of rehabilitation is working toward achieving full range of motion of the joint. The last phase is building strength and endurance. On average, it takes most people about 3 months to feel comfortable with their new knee. However, many people continue to see improvement for up to a year after surgery.



## Who Needs Knee Replacement Surgery?

Knee replacement is typically used for people with knee joint damage from arthritis or an injury that causes progressively worsening pain and limits work, recreation, and the ordinary activities of daily living.

Knee replacement is a surgical procedure to replace all or part of the worn, diseased, or damaged surfaces in the knee joint with new artificial parts (prosthesis) made of metal and plastic. The artificial parts are designed to be flexible, strong and durable, and to move like a normal knee thus alleviating pain and restoring mobility. It is usually considered a last resort when all other treatment options have failed.

Most people who have knee replacements are over age 55, but the procedure is also offered to younger people with knee degeneration if their quality of life is severely affected.



# Unicompartment (Partial) Knee Replacement or Total Knee Replacement?

## Partial Knee Replacement

Unicompartmental knee replacement is an option for a small percentage of patients with advanced osteoarthritis confined to a single part (compartment) of the knee. Patients who qualify for this surgery have exhausted all non-surgical treatment options.

### *Advantages of Partial Knee Replacement*

Multiple studies have shown that unicompartmental knee replacement performs very well in the majority of patients who are appropriate candidates.

The advantages of partial knee replacement over total knee replacement include:

- Quicker recovery
- Less pain after surgery
- Less blood loss

Patients have reported that they experience a "normal" range of motion faster with a unicompartmental knee replacement compared to a total knee replacement

### *Disadvantages of Partial Knee Replacement*

The disadvantages of partial knee replacement compared with total knee replacement include slightly less predictable pain relief and the potential need for more surgery at a later time.



## Total Knee Replacement

Total knee replacement surgery can be performed traditionally or by using what is considered a minimally-invasive technique. The main difference between the two procedures is the size of the incision.

During a standard knee replacement, a large incision (cut) is made down the front of the knee. The damaged surfaces from the ends of the thigh bone (femur), the shin bone (tibia), and the underside of the kneecap (patella) are removed, reshaped, and resurfaced with the artificial parts, which are cemented into place.

The new knee consists of metal implants on the ends of the shin bone and thigh bone, and a plastic implant under the kneecap.

## OUR SURGEONS



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***Don't live with needless pain  
and discomfort any longer.***

**Call 856.532.1208 for an appointment with  
one of our joint replacement experts today.**



# THE COOPER JOINT REPLACEMENT PROGRAM

**A**t the Cooper Bone and Joint Institute, our Joint Replacement and Reconstruction surgeons are experts in shoulder, hip, and knee procedures. Our coordinated care approach ensures that you receive the highest quality presurgical evaluation, surgical care, and follow-up rehabilitation services.

*Patients and families in the South Jersey community and beyond choose Cooper for joint replacement surgery because of our:*

- **EXPERTISE.** The Cooper Bone and Joint Institute is the largest academic musculoskeletal institute in South Jersey. Our team includes fellowship-trained and board-certified specialists who have advanced training in the latest techniques for joint care.
- **FORWARD-THINKING TREATMENT APPROACH.** We offer minimally invasive approaches, such as muscle-sparing joint replacement surgery, to decrease recovery time. Our surgeons also use computer-aided navigation and other advanced techniques, leading to more effective results.
- **OUTSTANDING CLINICAL RESULTS.** Our team is committed to patient satisfaction. Many of our patients are up and walking immediately after joint replacement surgery, return home in 2 to 3 days, and experience a significant improvement in their quality of life.
- **INNOVATIVE SURGICAL OPTIONS.** Our Joint Replacement and Reconstruction team has extensive experience performing advanced procedures. We

provide a full range of surgical options, including innovative techniques for primary joint replacement and complex revision procedures.

- **PATIENT-FOCUSED CARE.** Our patient-centered environment is designed to offer our patients the highest level of care. After joint replacement surgery, every patient recovers in a private room on a recently constructed unit. Our unique pain management protocol reduces nausea and discomfort, limiting the need for narcotic medication during and after surgery.
- **TEAM APPROACH.** Our musculoskeletal specialists treat patients who are experiencing the earliest signs of degenerative joint disease. Specialists with different areas of expertise work together to develop a personalized surgical treatment plan for each patient. Our experts also coordinate postsurgical rehabilitation with our Physical Therapy and Rehabilitation staff. This team approach helps patients to return to their usual activities as quickly and safely as possible.
- **PERSONALIZED REHABILITATION CARE.** Our Physical Therapy team is specially trained to work with patients who have had joint replacement. Our team creates a rehabilitation plan tailored to each patient's health and personal goals, with a focus on returning to normal routines.
- **CARE COORDINATORS.** We connect each patient with a surgical scheduler, who helps to navigate the care process. Your scheduler will help you to prepare for surgery.





# Committed. Compassionate. Complete.



For more than 130 years, Cooper University Hospital has been a valuable and highly respected South Jersey institution. We've built a reputation as one of the most trusted health systems in the region with nearly two million patient visits annually.

 **Cooper**  
University Health Care

For more information, a list of our locations, or to schedule an appointment, [CLICK HERE](#) or call **800.8.COOPER** (800.826.6737).

As an academic health system, Cooper offers patients quality health care, from primary care to specialty care, in one or more of its premier Institutes and Centers of Excellence, including:

- MD Anderson Cancer Center at Cooper
- Children's Regional Hospital at Cooper
- Adult Health Institute
- Bone and Joint Institute
- Digestive Health Institute
- Heart Institute
- Neurological Institute
- Surgical Specialties Institute
- Women's and Children's Institute
- Center for Urgent and Emergent Services
- Center for Trauma Services

**Cooper is putting Your Health First** with rigorous cleaning and disinfecting at all of our facilities, providing space to maintain physical distance, and requiring masks to be worn by staff and patients. It's safe to come into our offices and hospital.

