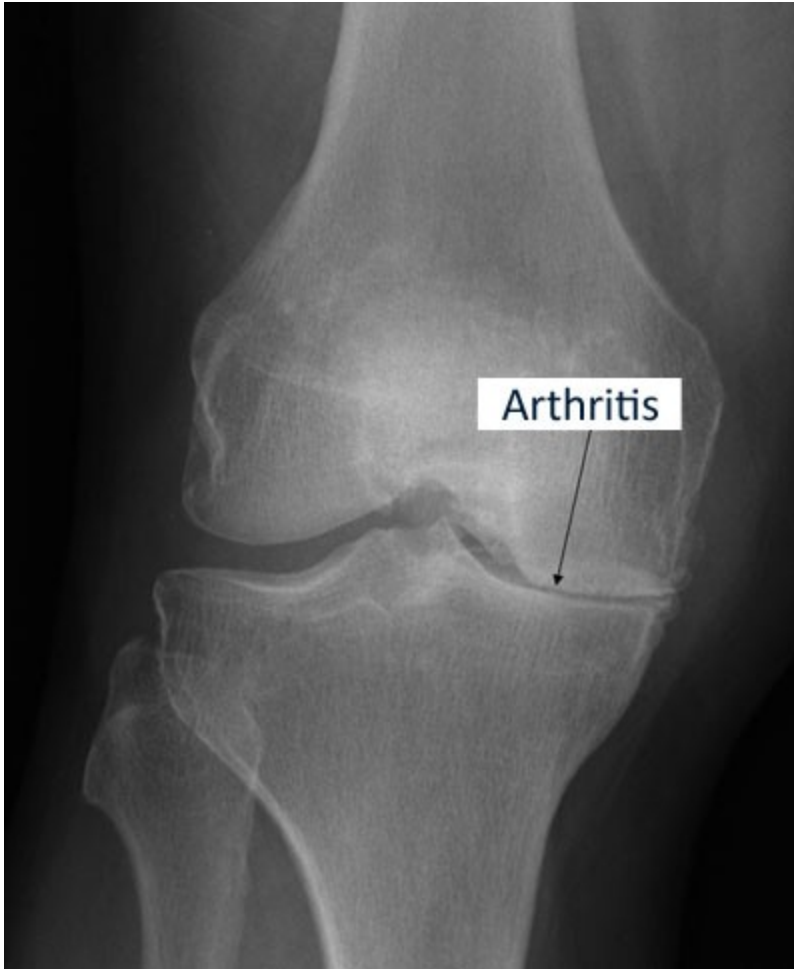


Arthritis

What is Arthritis?

Arthritis is where the Articular Cartilage (shiny white gristle) lining of the knee joint has worn out causing the bones to rub together. This causes the pain when you walk.



Types

Arthritis comes in 2 main types:

1. Osteoarthritis

Here the Articular Cartilage lining the knee has worn out with overuse.

Damage or surgery on your Menisci (Cartilages) in the past may make this more likely.

2. Rheumatoid Arthritis

Here the Articular Cartilage lining the knee has been worn away by the inflammation of the rheumatoid in the joint.

Investigations

Arthritis is usually diagnosed by Mr Raj listening to your description of the pain and how it limits what you can do. He will then examine your knee.

Mr Raj will also examine your hip and the nerves and arteries in your feet. If these are not normal they can affect what options are appropriate for you.

An X-ray will confirm the presence of arthritis and give an indication of how bad it is.

Options

Mr Raj will discuss the options with you at your consultation, as every patient has unique circumstances and individual needs.

Non operative treatment may involve:

- Modifying your lifestyle to reduce the stress on the knee.

- Regular exercise.

- Reduce your weight if you are overweight.

- Take regular painkillers.

- Using a stick in the other hand when walking.

- Physiotherapy to make sure your leg goes straight.

- Injections (only in special circumstances).

- Glucosamine and Chondroitin Sulphate tablets if not diabetic.

Operations

- **Total Knee Replacement**
 - This is appropriate for most patients to remove their pain.
- **Arthroscopy (Scope / Telescope) of the knee**
 - This has a limited use in people with early arthritis.
- **High Tibial Osteotomy**
 - This is only appropriate if the arthritis is on the inner (Medial) side of the knee.
 - The leg is broken, realigned and fixed at the same operation.
 - It is used for younger fitter patients.
- **Unicompartmental (Part) Knee Replacement**
 - This is only appropriate if the arthritis is on the inner (Medial) side of the knee.
 - It is used for younger patients who are not doing jumping sports.
- **Patellofemoral Replacement**
 - This is only appropriate if the arthritis is just in the back of the knee cap (Patella) and the patient is relatively young.

[Arthritis of the Knee - Your Orthopaedic Connection - AAOS](#)

[Frequently Asked Questions about Osteoarthritis of the Knee - Your Orthopaedic Connection - AAOS](#)

[Surgical Treatment of Osteoarthritis of the Knee - Your Orthopaedic Connection - AAOS](#)