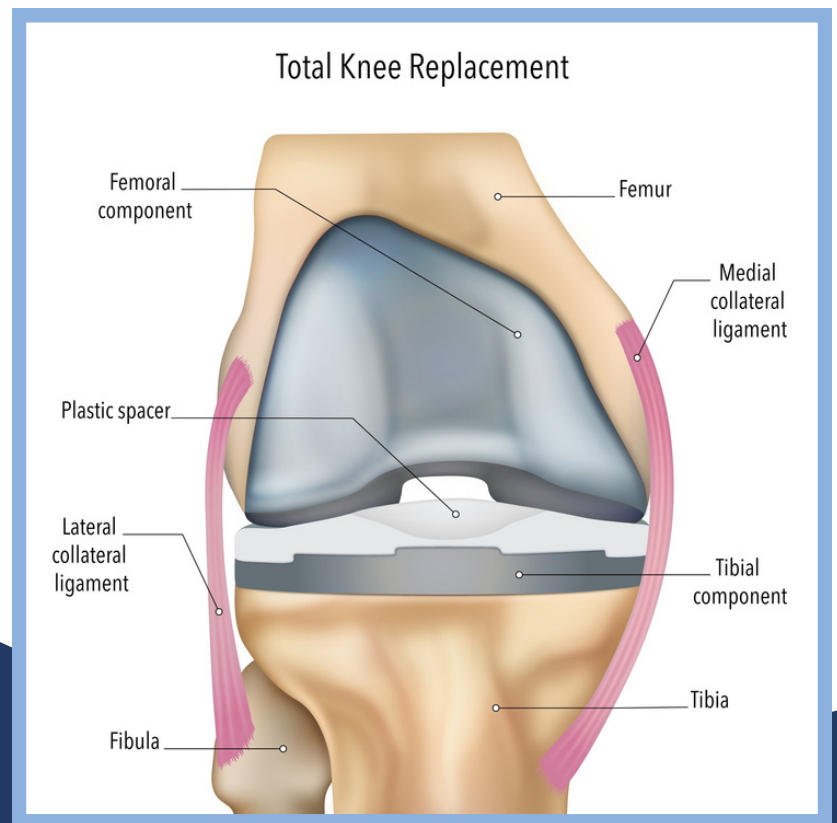




Mr Vishal Pai
ORTHOPAEDIC KNEE SURGEON

What You Need to Know About Total Knee Joint Replacement



0386570595



vishalpai.com.au



If you're having trouble while walking or climbing stairs, a **total knee joint replacement** might be what you need.

Here, the worn-out organs of your knee are removed and fitted with artificial, durable implants that help ease pain and restore movement. This treatment is ideal for those dealing with severe arthritis or significant joint damage. This treatment improves the moment of your knee.

A total knee joint replacement process explained:

- **Preparing your knee:** First, the damaged cartilage and a small bit of bone are removed using advanced surgical tools and robotic guidance. We ensure the new joint fits correctly.
- **Placing an implant:** Your thigh bone, shin bone, and sometimes the kneecap are replaced with metal and plastic parts. These implants let your knee move naturally, reduce friction, and handle daily activities comfortably.
- **Checking alignment:** Your knee is tested for all types of motions to ensure it feels stable and comfortable.

Post Treatment

- Most patients can return to desk-based work within six to eight weeks.
- Early follow-ups focus on wound care and removing stitches.

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- After about 4 months, walking, bending, and daily activities become much easier. Typically, within one year, your knee should feel comfortable and pain-free.
- Gentle exercises and physiotherapy are essential to keep your strength, flexibility, and long-term mobility on track.

If you want healing for a more active and pain-free life, contact Mr. Vishal Pai (Orthopaedic Knee Surgeon) for total knee joint replacement by calling (03) 8657 0595.

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