

When Do I Need to Have My Knee Replaced?

- The amount of knee replacements has doubled in the past 10 years.
- 97% of knee replacements were performed due to arthritis
- 85% of individuals find relief
- >99% of knee replacements are successful.¹
- Replacements can last more than 25 years



Treatment Options

Non-Surgical

- Physical Therapy
 - Education on how to protect joints while remaining active
 - Pain management
 - Therapeutic exercises
- Massage
- Mind-Body Relief²
- Steroid Injections

Surgical

- Knee Scope
 - No benefits after 2 years³
- Total Knee Replacement
 - Minimal effects on quality of life
 - Significant improvement in severely affected patients⁴



<https://www.nia.nih.gov/health/how-choose-doctor-you-can-talk>

10 Questions to Ask Yourself Before Scheduling a Knee Replacement Surgery²

1. Can I live with the pain I'm experiencing now?
2. Have my pain and stiffness gotten increasingly worse over the past year?
3. Have I given up on activities I enjoy because of my pain?
4. Have I explored all the treatment options available?
5. How will surgery improve my condition?
6. Is my overall health well enough for surgery?
7. Am I prepared to work through the recovery process?
8. Does my insurance policy cover the costs of joint surgery and recovery?
9. Will I be able to take the necessary time off?
10. Do I have a support system in place to help during my recovery?

Based on research, it is best to wait to have a total knee replacement until the pain is severe enough to interfere with your daily activities.⁴

Reducing risk factors for osteoporosis such as obesity and knee injury can help postpone the need for a knee replacement.¹

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References

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