

Unicompartmental Knee Arthroplasty: The Solution to Chronic Knee Pain

Unicompartmental knee arthroplasty (UKA) is a minimally invasive surgical procedure that can effectively alleviate chronic knee pain and improve mobility. It is a viable alternative to total knee replacement (TKR) for patients with isolated osteoarthritis (OA) of one compartment of the knee.



Unicompartmental Knee Arthroplasty, E-Book by Iman Elwan

★★★★☆ 4.6 out of 5

Language : English
File size : 10411 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 110 pages



OA is a degenerative joint disease that causes cartilage breakdown and inflammation. This can lead to pain, stiffness, and swelling in the knee, making it difficult to perform everyday activities. In some cases, OA can even lead to disability.

UKA is designed to replace only the damaged portion of the knee joint, while preserving the healthy bone and ligaments. This results in a more natural feel and function than TKR. UKA is also less invasive than TKR, so patients experience less pain and a faster recovery time.

Benefits of Unicompartmental Knee Arthroplasty

There are many benefits to UKA, including:

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- **Relief from pain.** UKA can effectively relieve chronic knee pain, even in patients with severe OA.

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- **Improved mobility.** UKA can improve range of motion and flexibility in the knee, making it easier to perform everyday activities.

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- **Less invasive than TKR.** UKA is a less invasive procedure than TKR, so patients experience less pain and a faster recovery time.

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- **Preservation of healthy bone and ligaments.** UKA only replaces the damaged portion of the knee joint, preserving the healthy bone and ligaments. This results in a more natural feel and function than TKR.

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- **Faster recovery time.** Patients typically recover from UKA more quickly than from TKR. Most patients are able to return home within a few days of surgery and begin physical therapy shortly thereafter.

Candidates for Unicompartamental Knee Arthroplasty

UKA is not right for everyone. The best candidates for UKA are patients with:

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- Isolated OA of one compartment of the knee

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- Moderate to severe pain and stiffness

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- Limited range of motion

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- No significant ligament damage

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- Good overall health

Risks of Unicompartmental Knee Arthroplasty

As with any surgery, there are some risks associated with UKA, including:

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- **Infection.** This is a rare but serious complication that can occur after any surgery.

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- **Blood clots.** Blood clots can form in the legs or lungs after surgery. Your doctor will take steps to reduce your risk of blood clots, such as prescribing blood thinners.

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- **Implant failure.** In some cases, the implant may fail, which may require revision surgery.

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- **Stiffness.** Some patients may experience stiffness in the knee after surgery. This can usually be improved with physical therapy.

Recovery from Unicompartmental Knee Arthroplasty

After UKA, you will typically stay in the hospital for a few days. During this time, you will be given pain medication and physical therapy to help you recover. Most patients are able to return home within a few days of surgery.

Physical therapy is an important part of your recovery from UKA. It will help you to regain range of motion and strength in your knee. You will typically need to attend physical therapy appointments for several weeks or months after surgery.

You should be able to resume most of your normal activities within a few weeks of surgery. However, it is important to avoid strenuous activity and heavy lifting for several months after surgery.

Outlook for Patients with Unicompartmental Knee Arthroplasty

The outlook for patients with UKA is generally very good. Most patients experience significant pain relief and improved mobility after surgery. UKA is a durable procedure, and most implants last for 10 to 15 years or longer.

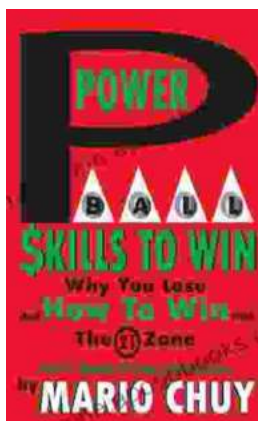
If you are suffering from chronic knee pain, UKA may be a good option for you. Talk to your doctor to see if you are a good candidate for this procedure.



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