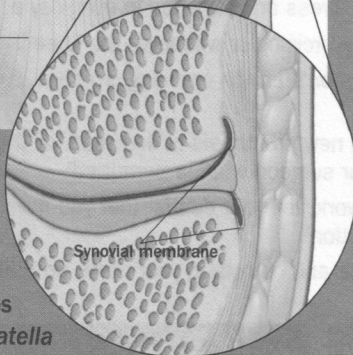


Your Total Knee Replacement

A Normal Knee

Femur
Patella
Cartilage
Anterior cruciate ligament
Posterior cruciate ligament
Lateral collateral ligament
Menisci
Tibia
Fibula
Ligamentum patellae

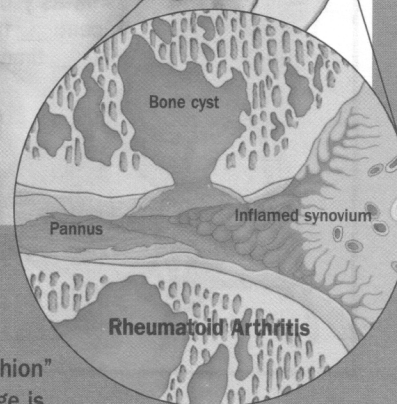


A Normal Knee^{1,2}

Cartilage is a white, elastic material that covers the contact points of the three bones making up the knee joint: the *patella* (kneecap), the *femur* (thigh bone) and the *tibia* (shinbone). It allows smooth and painless movement. A thin *synovial membrane* lines and lubricates the joint, muscles give the joint support and strength, and ligaments provide front-to-back and side-to-side stability to the joint.

A Problem Knee

Eroded cartilage
Osteophytes
Narrowed joint space



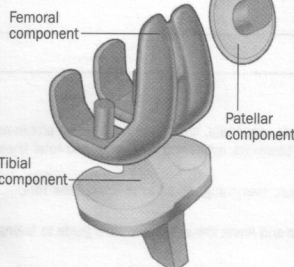
A Problem Knee^{1,3}

Any type of arthritis can damage the cartilage "cushion" in the knee. As the cartilage is worn down, the bones become more exposed and rub together, resulting in pain, stiffness, swelling and sometimes a crunching noise. In osteoarthritis, this is the result of wear and tear, while in rheumatoid arthritis, initial damage to the synovial membrane destroys the cartilage.

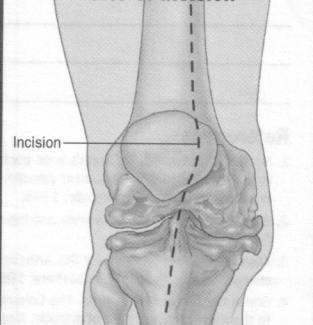
Surgery²

Knee replacement surgery is done with either general or spinal (epidural) anesthesia. The amount of surgery done depends on the condition of the joint and how much cleaning and resurfacing of bone surfaces must be done. Most knee replacements take about an hour and a half

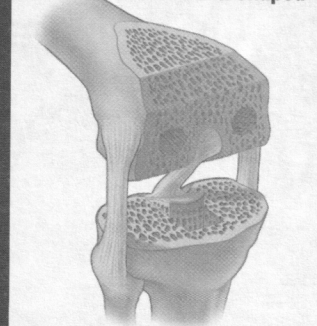
Prosthesis



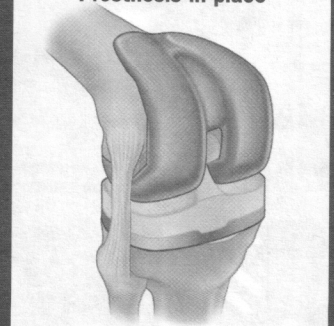
Site of incision



Knee bones cut and shaped



Prosthesis in place



Pharmacia
& Upjohn

Fragmin.
dalteparin sodium

Caring for Your New Knee

Caring for Your New Knee

At home, your goal is to return safely and comfortably to your normal activities. Your exercises are designed to **strengthen your muscles** (particularly those in the thigh) and **increase your knee's range of motion**.^{2,4}



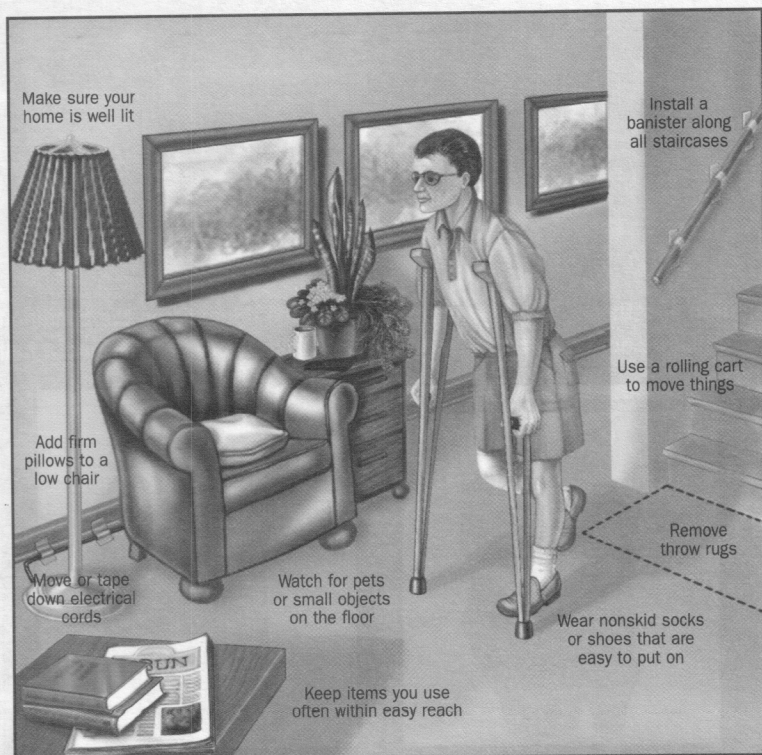
Strengthen your muscles²: Lying against a pillow, straighten the affected leg and lift it 20 to 25 cm (8-10") for two seconds. Slowly lower it. Repeat ___ times; do this ___ times a day.



Increase your knee's range of motion²: Sitting in a high chair, slowly straighten your affected leg, then lower it and bend your knee as far as you can. Repeat ___ times; do this ___ times a day.

Keeping Your Knee Healthy

- Walk and do your recommended exercises every day²
- Avoid activities that could cause you to fall²
- Avoid sudden-impact activities such as jumping or running⁴
- Try to minimize stress on your knee in everyday activities⁴
- Apply ice after exercising or whenever the knee is swollen or painful^{2,4}
- Follow your surgeon's advice on using crutches, a walker or a cane to keep weight off your healing knee²
- In general, your new prosthesis is designed for the activities of daily living, not for vigorous sports; ask your surgeon what is permitted¹
- Before dental work, tell your dentist that you have a prosthesis; antibiotics may be needed to prevent infection¹
- Arrange furniture and objects in your home so that you can move around safely and easily²



Home Safety³

Becoming more aware of possible hazards in your home can make your recovery easier and safer. If you're going to be on your own for long periods, think about setting up a temporary living space (with a bathroom and kitchen) on one floor. Make sure you have wide, clear passage ways, telephones within easy access and good lighting so that you can see the floor clearly.

Notes

References

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2. Silber I. A patient's guide to knee and hip replacement: everything you need to know. New York: Fireside; 1999.
3. Allen RJ, Brander VA, Stulberg SD. Arthritis of the hip and knee: the active person's guide to taking charge. Atlanta: Peachtree Publishers; 1998.
4. Greisamer RP, Locbl S, editors. The Columbia Presbyterian osteoarthritis handbook: the complete guide to the most common form of arthritis. New York: Macmillan; 1997.

Product Monograph available to Health Care Professionals upon request.

Indicated for thromboprophylaxis in conjunction with surgery.

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