

AVATAR
Same Day Surgery

**Patient Guide to
Total Knee Replacement**

**THE
KNEE • HIP • SHOULDER
CENTER**

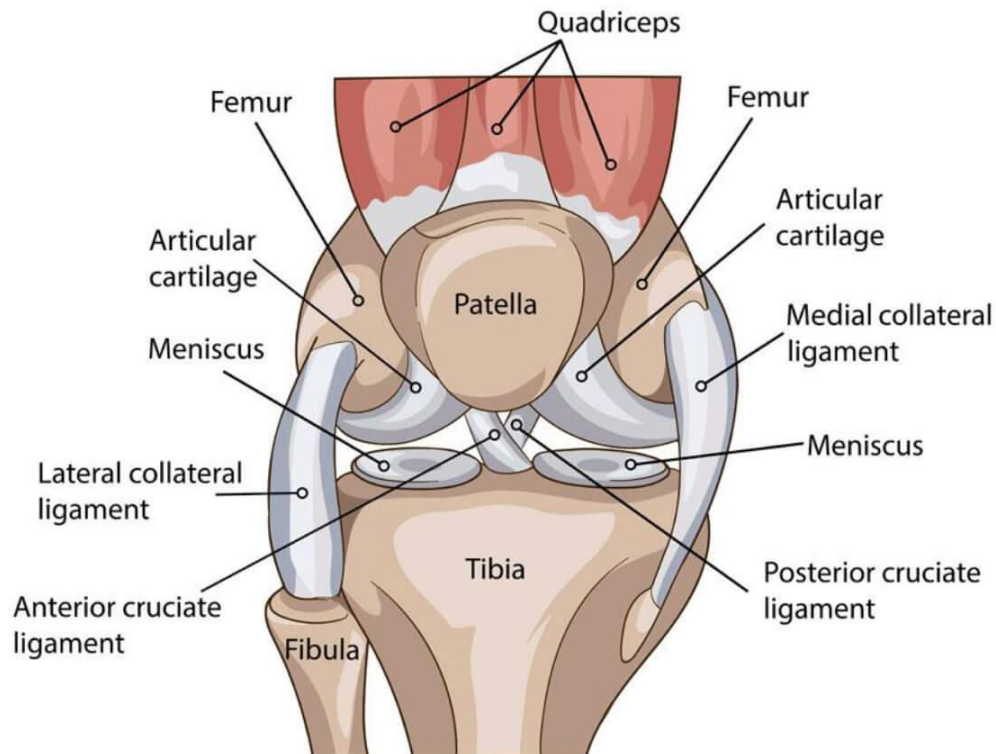
Portsmouth, NH

Welcome

- Thank you for entrusting your care to us for your knee replacement. As a practice that specializes in joint replacement surgery, we have built a comprehensive program called **AVATAR** that is designed facilitate the recovery process and improve outcomes.
- Our team of physicians, physician assistants, nurse practitioners and office staff are all highly dedicated to the AVATAR process and to our patients' end result.
- This manual is your guide to the AVATAR knee replacement program and is meant to help you prepare for surgery and maximize your recovery.
- If you have any questions are require further information, please contact us anytime at:
 - Phone: 603-431-5858
 - Email: avatar@kneehipsho.com

ABOUT KNEE ANATOMY?

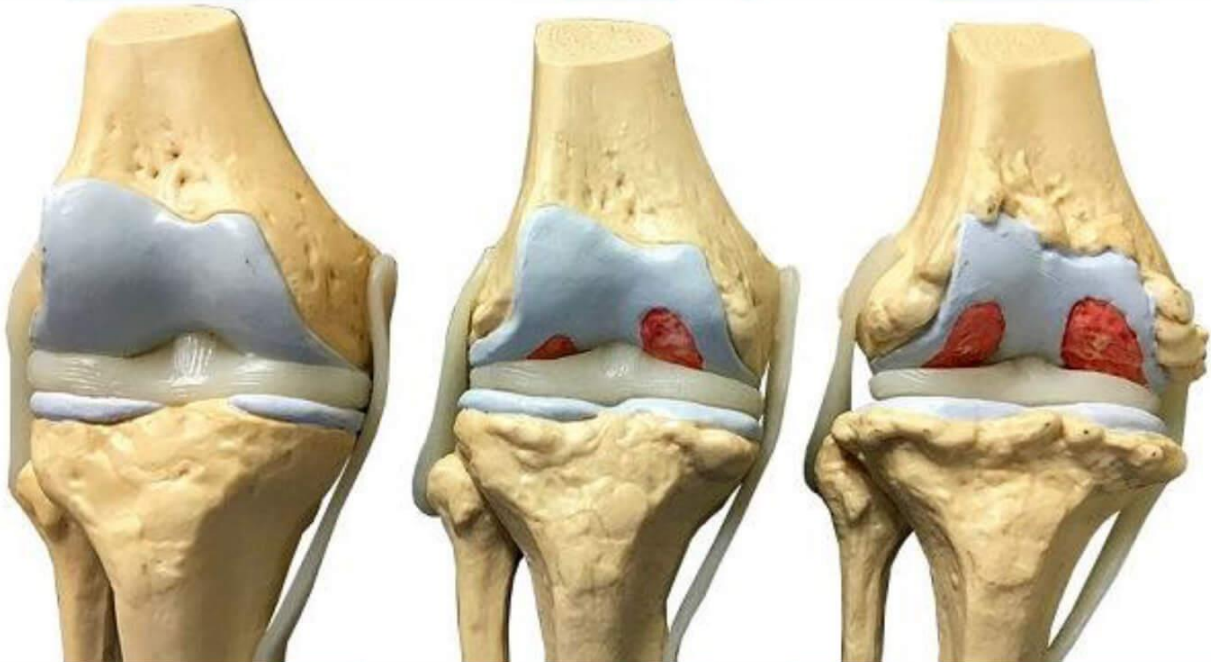
- The knee consists of three different bones
 - Femur: thigh bone
 - Tibia: shin bone
 - Patella: knee cap
- In addition there are key tendons and ligaments that move and stabilize the knee during every day activities



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KNEE ARTHRITIS

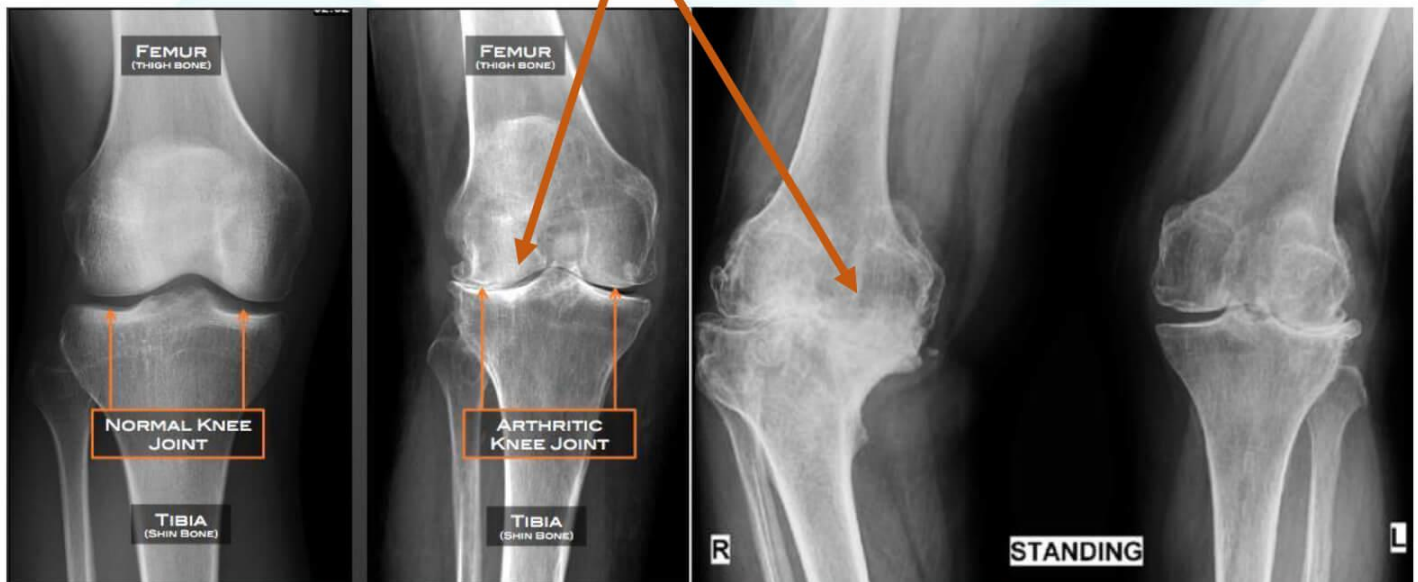
- Knee arthritis occurs when the cartilage that forms the smooth gliding surface of the joint wears away and exposes the underlying bone.



- This results in pain, stiffness, and limb deformity
- Arthritis is a progressive process that worsens with time and has no medical cure

ARTHRITIS X-RAYS

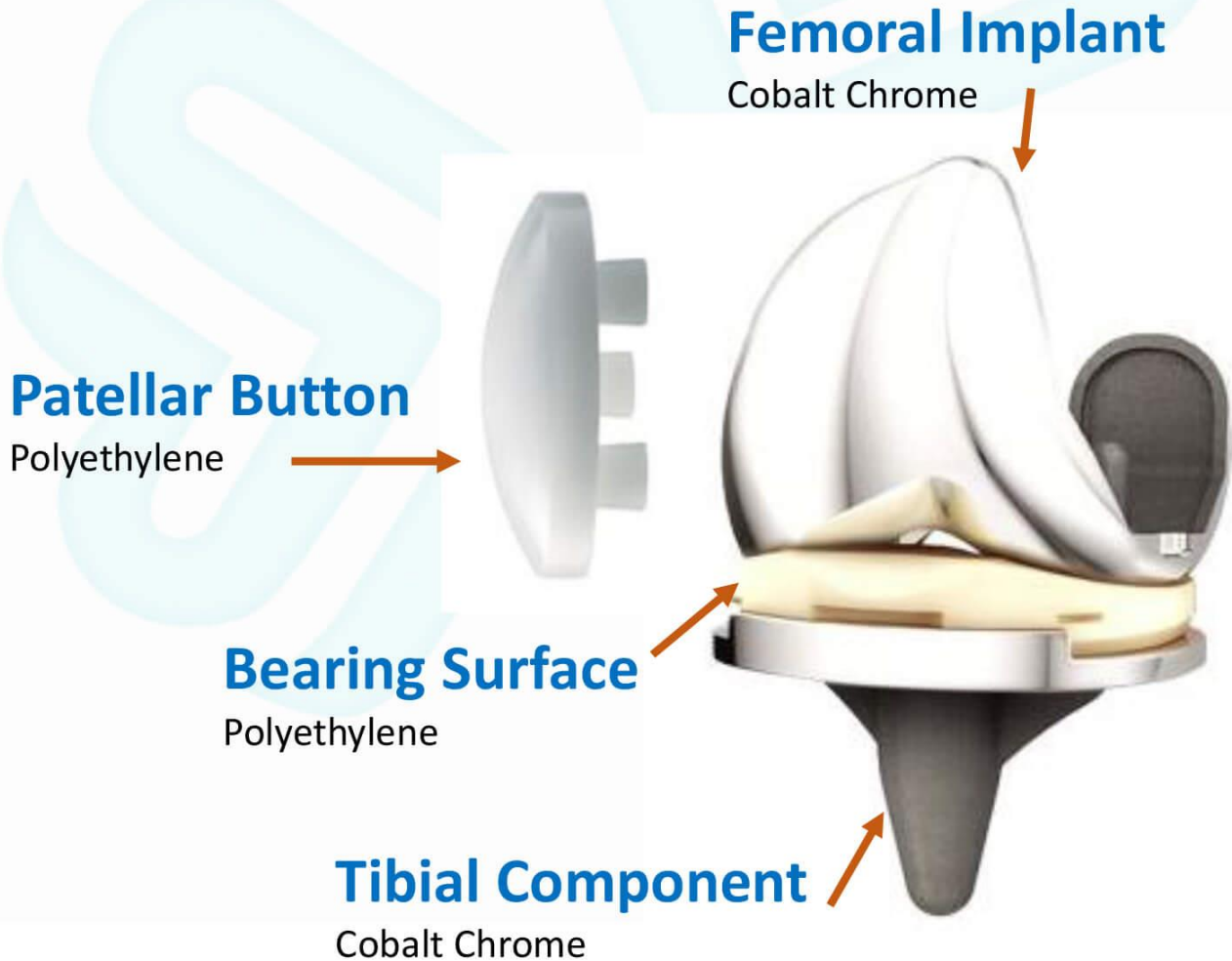
- These images show a normal and arthritic knee
- The arthritic knee shows narrowing of the space between the femur and tibia due to cartilage wear
- This results in “BONE ON BONE”



- In moderate to severe cases, wear of the bone can also cause deformity as seen in the pictures on the right showing a varus (bow-legged) and valgus (knock-kneed) deformity

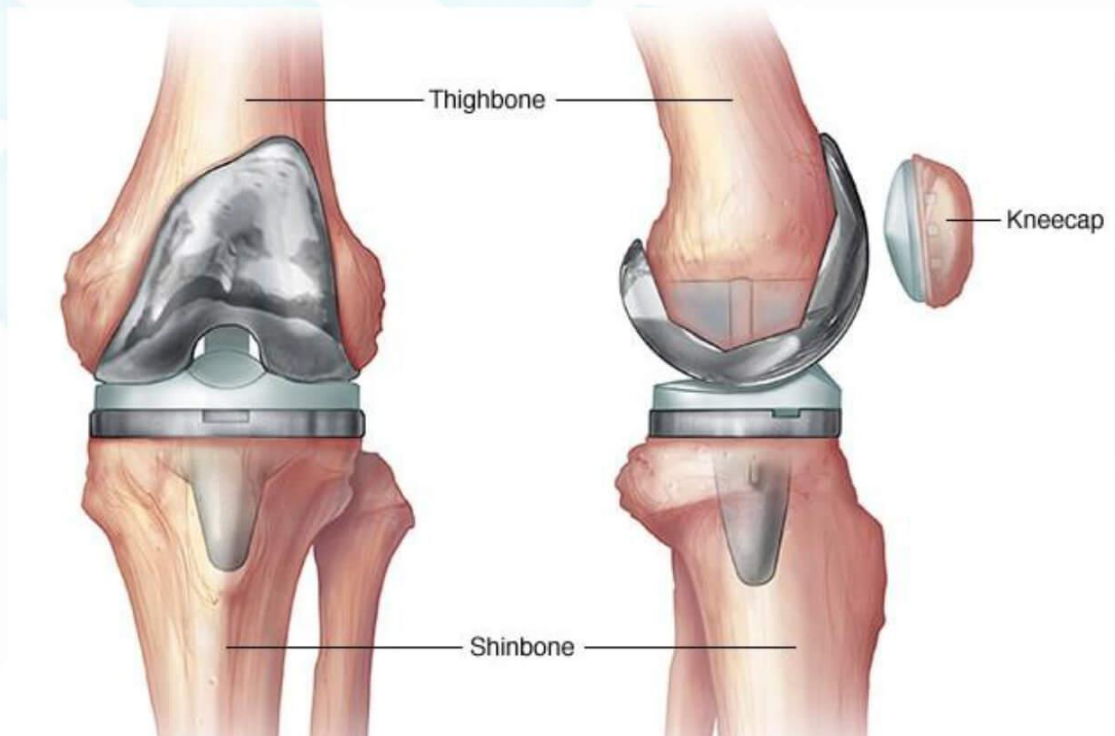
WHAT IS A TOTAL KNEE REPLACEMENT?

- Knee replacement resurfaces the worn joint with implants affixed to the bone.
- The implant consists of 4 pieces



WHAT IS A TOTAL KNEE REPLACEMENT?

- These implants are cemented to the bone after measured cuts are made to ensure proper implant orientation and restoration of limb alignment
- Your surgeon will choose the implant size that is best suited to recreate your anatomy
- Soft tissue balancing may also be done to ensure joint stability throughout a full range of motion



WHO SHOULD CONSIDER A KNEE REPLACEMENT

The following are general guidelines for when a knee replacement is appropriate

1. The level of pain is moderate to severe and significantly impairs your activity level
2. You find yourself avoiding certain activities that you would otherwise do because of pain
3. You have maximized conservative measures like medications, injections, exercise therapy etc...
4. Your quality of life is sufficiently impaired to warrant the surgery and recovery



THE “TIPPING POINT”

tip·ping point

noun

1. the point at which a series of small changes or incidents becomes significant enough to cause a larger, more important change.

[*Definitions from Oxford Languages*](#)

- The tipping point is the point at which patients decide they no longer want to live with the pain and limitations of arthritis
- This point is different for everyone based on each individual's threshold for putting up with pain and restriction
- **The Question**
 - Patients often ask, “How do I know it's time for surgery?”
 - We generally respond – you will know when you reach your tipping point