

KNEE ARTHROSCOPY

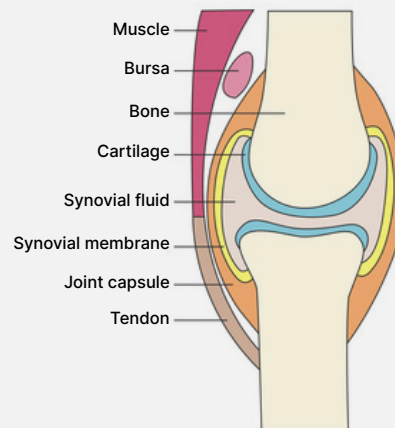
Knee Osteoarthritis

Osteoarthritis is a condition resulting from the degradation of cartilage, a smooth, lubricating surface that supports movement and forces experienced by the joint.

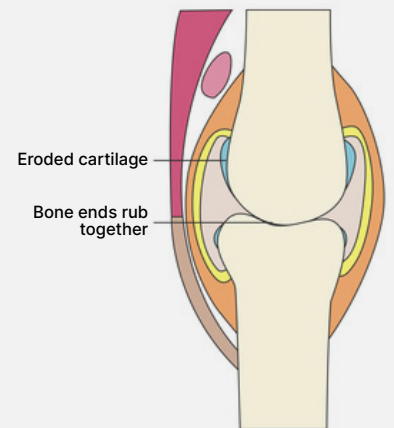
The cartilage of the osteoarthritic patient will be fully or partially worn off, meaning the ends of the bone rub directly against each other, resulting in pain and inflammation.

Initial solutions such as anti-inflammatory medication and physical therapy may not have the desired result. As such, knee arthroscopy would be the next stage to provide relief.

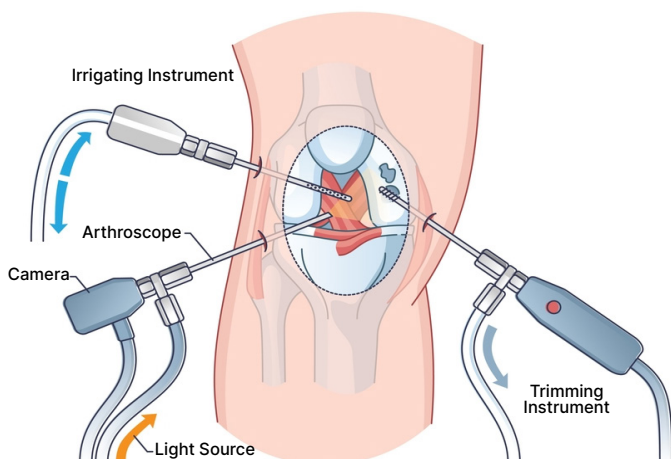
Normal Joint



Osteoarthritis



Arthroscopy



What Is Knee Arthroscopy?

Knee arthroscopy is a minimally invasive procedure using small incisions around the knee joint to investigate the joint space. Small fragments of cartilage and bone that may be contributing to osteoarthritis of the knee will be flushed out and removed. The joint surfaces will be smoothed out with the overall goal of removing pain and slowing the progression of osteoarthritis.

Knee arthroscopy allows patients to return to normal levels of activity much faster than more invasive methods, such as knee replacements.

Who Is Suitable For Knee Arthroscopy?

Knee arthroscopy is suitable for patients with pain that does not respond to **non surgical treatment**, such as rest, physical therapy, knee injections or medication.

What To Expect After Surgery?

Patients after surgery should expect to go home on the same day as the operation, usually within 2 hours of recovery. Recovery is much faster than that of invasive procedures such as knee replacement. Medications will often be prescribed for short-term pain relief.

Ensure the knee is elevated in the week after surgery to minimise swelling. Crutches or other assistive devices may be needed to help with weight-bearing.

Patients should expect to return to normal levels of activity after **6-8 weeks**. Despite the success of arthroscopy, lifestyle changes may be required to include lower intensity activities, including swimming, or cycling, instead of high impact activities like running.



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