

Knee Replacement Surgery

If you're struggling with long-term knee pain, stiffness, or difficulty moving, knee replacement surgery could provide the lasting relief you need. At Midlands Orthopaedic Clinic, our expert surgeons specialise in modern, effective knee replacement procedures tailored to your individual condition and goals.

What Is Knee Replacement Surgery?

Knee replacement surgery, also known as knee arthroplasty, involves removing the damaged or worn-out surfaces of the knee joint and replacing them with artificial components made of metal and plastic. This restores smoother movement, reduces pain, and helps you regain independence and mobility.

There are different types of knee replacement, including total knee replacement (replacing the entire joint) and partial knee replacement (replacing only the damaged part). Your consultant will recommend the most appropriate option based on your condition, activity level, and general health.

When Is Knee Replacement Recommended?

You may benefit from knee replacement surgery if you:

- Have severe osteoarthritis or rheumatoid arthritis
- Experience chronic knee pain that limits your daily activities
- Have stiffness or reduced range of motion
- Are unable to manage your symptoms with physiotherapy, medication, or injections
- Want to return to walking, climbing stairs, or exercising more comfortably

Our team will carry out a full clinical assessment, including X-rays or MRI scans, to determine the extent of the damage and whether surgery is the right option.

What Happens During The Procedure?

Knee replacement surgery is carried out under general or spinal anaesthesia. Your surgeon will make a precise incision over the knee, remove the damaged cartilage and bone, and fit the new prosthetic components to the joint surfaces.

The implants are designed to match the natural shape of your knee, and are secured in place to allow smooth, stable movement. The wound is then carefully closed and a dressing applied.

Recovery And Rehabilitation

Most patients begin standing or walking (with support) within 24 hours of surgery. You'll stay in hospital for a few days and begin a rehabilitation programme designed to help you rebuild strength and flexibility.

Your recovery plan includes:

- Physiotherapy exercises starting shortly after surgery
- Advice on walking aids, wound care, and medication
- Gradual return to daily activities and low-impact exercise
- Follow-up appointments to monitor progress

Most people return to normal activities within 6 to 12 weeks, though full recovery can take up to six months depending on your health and commitment to rehabilitation.

Benefits Of Knee Replacement Surgery

- Long-lasting relief from pain and stiffness
- Improved joint function and mobility
- Greater independence and ability to stay active
- High success and satisfaction rates
- A more comfortable and confident quality of life

Why Choose Midlands Orthopaedic Clinic?

At Midlands Orthopaedic Clinic, we provide expert care every step of the way — from your first consultation to full recovery. Our surgeons have extensive experience in joint replacement surgery and use the latest surgical techniques and high-quality implants to achieve excellent results.

We offer:

- Fast access to appointments and investigations
- Personalised treatment plans based on your lifestyle and goals
- Dedicated aftercare and rehabilitation support
- A patient-focused, compassionate approach to care

Get In Touch

If you're ready to take the next step towards a more active and pain-free life, contact Midlands Orthopaedic Clinic today to book a consultation and learn more about knee replacement surgery.