

# ASK US HOW

Joint replacement surgery can help you thrive again.

**Our bones and joints are the foundation for our entire bodies.** They are the reason we can move every single day. When our knees and hips aren't functioning as they should, the pain disrupts our entire life. Even simple activities like walking the dog, doing laundry or going grocery shopping can become a big struggle. There are times when physical therapy, pain management and other services are not effective in relieving pain. In cases like these, knee or hip replacement surgery at Reading Hospital can be a life-changing solution.

## So, what causes knee or hip pain?

Knee pain is usually a result of overuse, poor form during physical activity, not warming up or cooling down before and after a workout or inadequate stretching. Typically, simple causes of knee pain clear up on their own with self-care measures. However, if you are overweight or experiencing other types of joint conditions, you may be at a higher risk for knee problems. Joint conditions that are typically associated with knee pain include:

- **Arthritis:** Inflammation of the knee joint which causes pain and stiffness that typically worsens with time. Types of arthritis related to knee pain include rheumatoid, osteoarthritis and gout
- **Baker's cyst:** A fluid-filled swelling behind the knee that may accompany inflammation from other causes, like arthritis
- **Bursitis:** Inflammation from repeated pressure on the knee, such as kneeling for long periods of time, overuse, or injury
- **Connective tissue disorders such as lupus**
- **Dislocation of the kneecap, strains or sprains**
- **Infection in the joint or knee injuries** that may cause bleeding into your knee, which worsens the pain

- **Tendinitis:** Irritation or inflammation of a tendon in the front of your knee that gets worse when going up and down stairs or inclines
- **Torn cartilage (meniscus tear):** A meniscus tear is the most common knee injury during which forceful twisting causes tissue in the knee to tear and results in pain felt on the inside or outside of the knee joint
- **Torn ligament (ACL tear):** The ACL is a tissue that connects the thighbone to the shinbone at the knee. Most ACL injuries occur during sports such as basketball, soccer, football, tennis or skiing. Sudden twisting motions cause ACL tears and result in swelling, pain and instability of the knee

## Hip pain may be caused by:

- **Arthritis:** Often felt in the front part of your thigh or your groin
- **Avascular Necrosis:** A bone condition that causes insufficient blood flow to the hip which limits the ability to move and may include the collapse of a bone or nearby joint
- **Iliotibial band syndrome:** A hip disorder related to an injury of the thick band that runs from your hip to the outside of your knee



- **Infection, strains and sprains or fractures**
- **Low-back pain such as sciatica**
- **Tendinitis:** Irritation or inflammation of a tendon, typically from repetitive or strenuous activity, which causes pain and tenderness just outside a joint
- **Trochanteric bursitis:** Inflammation of the bursa (fluid-filled sac near a joint) at the outside point of the hip, which causes pain when you get up from a chair, walk, climb stairs and drive

## How do you know if you need a knee or hip replacement?

After your doctor assesses the degree of your disability, impact on your lifestyle and pre-existing medical conditions, he or she will work with you to determine whether a knee or hip replacement is right for you. Typically, doctors recommend an arthroscopy, which is a method for viewing a joint using a small tube with a lens and light source. This lets your doctor understand the damage or cause of your knee problems. Doctors often prescribe arthroscopies if you have:

- A potential need for joint surgery
- Damaged meniscus (cushions in the knee joint area)
- Knee or hip pain from an injury
- Disease of the knee or hip joint
- Lesions or other problems detected by x-rays
- Bone fragments from a fracture

If your knee or hip is painful, damaged or diseased, total joint replacement surgery may be the best course of treatment for you. This may be recommended for:

- Arthritis of the knee or hip, which causes decreased function
- Inability to sleep through the night because of the pain
- Knee or hip pain that hasn't responded to other therapy (including medication, injections and physical therapy for six months or more)
- Knee or hip pain that limits or prevents activities
- Some tumors involving the knee

You'll work with a collaborative team of fellowship trained physicians and surgeons, board certified therapists, orthopedic certified nurses, dedicated nurse case managers and nurse navigators, each of whom are dedicated to working with you and your family every step of the way. And, as the **area's only program with Joint Commission Advanced Certification in Total Knee and Hip Replacement**, Reading Hospital's exceptional team offers a variety of minimally invasive orthopedic options using state-of-the-art technology, customized to meet your individual needs. Our orthopedic patients also have access to an in-person information session, a variety of wellness-based programs, as well as a full range of rehabilitation services — each designed to comfortably move you from the operating room back to your daily routine.

Are you a candidate for knee or hip replacement surgery?  
Answer a few questions to find out at [RHOrtho.org](https://www.rhortho.org).

Go back to [RHOrtho.org](https://www.rhortho.org)



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