

If your knee is severely damaged by arthritis or injury, it may be hard for you to perform simple activities such as walking or climbing stairs. You may even begin to feel pain while you're sitting or lying down.

A Personalised, Bespoke Knee Replacement

If medication, changing your activity level and using walking supports are no longer helpful your GP may recommend a total knee replacement surgery. Spire Methley Park Hospital Consultant Orthopaedic Surgeon Mr Aaron Ng discusses 'personalised' knee replacement surgery, an advanced innovative form of knee replacement which involves the creation of bespoke knees tailored to fit your exact requirements. Mr Ng explains, "It is a new technology to improve accuracy and efficiency in total knee replacement. Computer tomography (CT) or magnetic resonance imaging (MRI) is used to assess the alignment of the lower limb including the knee; this is carried out at the pre-operative stage. This information is then used to create patient-customized cutting guides which would be used in the surgery. The traditional method relies on

the surgeon to calculate the measurement and this would take place during the surgery. Personalised knee replacement surgery also has the added benefit of reduced blood loss during the operation since the traditional method requires the placement of a rod to measure; the rod is placed through the long bones (tibia/femur) and resulting in bleeding. Other benefits of a personalised knee replacement include accurate lower limb alignment and improved long-term implant survival which then reduces the need for revision surgery."

Mr Ng advises, "This procedure is suitable for most patients with osteoarthritis of the knee as they would benefit

from total knee replacement but a consultation with a knee surgeon who is familiar with personalised knee replacement technology, to determine suitability, would be advised."

Mr Ng explains following the procedure, "Patients normally stay for three days in hospital. There will be outpatient physiotherapy, usually for the first six to eight weeks. Patients can expect to resume normal activities in three months. Returning to work largely depends on the patient's occupation so; this should be discussed with the surgeon."

To make an appointment with Mr Ng or to request further information about personalised knee replacements please call Spire Methley Park Hospital on 01977 664217 or www.spiremethleypark.com

