

Knee Replacement: Is It Time?

The five signs surgeons take seriously, and the honest reasons the answer can be not yet.

✓ **Verified against published guidance** from Mayo Clinic, Cleveland Clinic & Johns Hopkins Medicine · sources below

After a knee replacement: a fever over 101 F, new calf pain, chest pain or shortness of breath means call your surgeon right away.

✓ It May Be Time

Other Treatments Stopped Working

- Medicine and injections
- Physical therapy and exercise
- Weight loss tried too

COACH'S TIP Surgery is for when the easier road ends.

Walking Is the Hard Part

- Trouble walking
- Climbing stairs
- Getting up out of chairs

COACH'S TIP The classic pattern surgeons ask about.

Pain Sets the Day's Limits

- Activities keep shrinking
- Quality of life fading
- Pain decides for you

COACH'S TIP Function matters more than the scan.

Stiffness and Swelling Persist

- Despite other treatments
- Hard to move or use the knee
- Keeps coming back

COACH'S TIP That points at the joint itself.

Arthritis Is the Cause

- The most common reason
- Usually osteoarthritis
- Sometimes after an old fracture

COACH'S TIP Post-traumatic arthritis counts too.

You Accept the Real Recovery

- Most activities: about 6 weeks
- Full recovery: about a year
- Months of physical therapy

COACH'S TIP More than 9 in 10 end up with noticeably less pain.

✗ Reasons to Wait

The Easier Road Is Not Used Up

- Physical therapy
- Medication and activity changes
- Weight loss where it applies

COACH'S TIP Nonoperative care works for the majority.

You Expect an Instant Fix

- Recovery is real work
- A hard first six weeks
- A steady year after that

COACH'S TIP Go in with the honest timeline.

Implants Have a Lifespan

- At least 10 to 15 good years
- Timing matters if you are younger
- Many keep one implant for life

COACH'S TIP Make the strong years count.

No Surgeon Evaluation Yet

- Only an exam decides
- Bring your treatment history
- Bring a two-week knee diary

COACH'S TIP Dental check, heart check and imaging come first.

The House Is Not Ready

- Shower bench and grab bars
- Handrails on the stairs
- No loose rugs or cords

COACH'S TIP Prepare the home before surgery, not after.

You Do Not Know the Red Flags

- Fever over 101 F
- New calf, ankle or foot pain
- Incision leaking, warm or swollen

COACH'S TIP Any of these after surgery: call right away.

THE NUMBERS BEHIND THIS SHEET

Three figures that frame the decision

9 in 10+ People have noticeably less pain after they recover

About 6 weeks To most usual activities; full recovery takes about a year

10 to 15 yrs Of improved knee function for almost everyone, at minimum