

# 全膝關節置換

## Total Knee Replacement

Total knee replacement is a surgery to replace worn or damaged parts of the knee joint. The surfaces of the diseased joint are removed and replaced with an artificial joint. This surgery can relieve pain and improve movement in your knee joint.

You may need a total knee replacement if:

- Other treatments, such as medicine, steroid injections and physical therapy, no longer stop your pain or help movement of the joint.
- The pain or poor movement in your knee prevents you from doing your normal activities.

全膝關節置換術是一種置換膝關節磨損或損傷部位的手術。此手術是將病變關節的表面切除，以人工關節取代。全膝關節置換術能減緩疼痛並改善膝關節的運動能力。

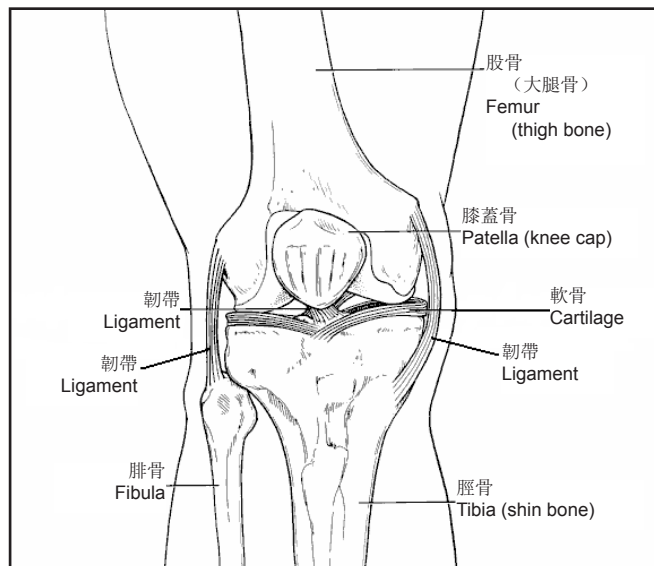
如有下列情形，可能需要進行全膝關節置換：

- 其他治療方法，如藥物、注射類固醇和物理治療，已無法止痛或幫助改善關節的運動能力。
- 膝部疼痛或運動不良防礙了正常的活動。

## Normal Knee Joint

Your knee is a hinge joint where the end of the thigh bone (femur) meets the top of the large bone in your lower leg (tibia). A healthy knee has smooth cartilage that covers the ends of the bones. The two bones glide smoothly as you bend your knee. The muscles and ligaments around the knee joint support your weight and help move the joint smoothly when you walk.

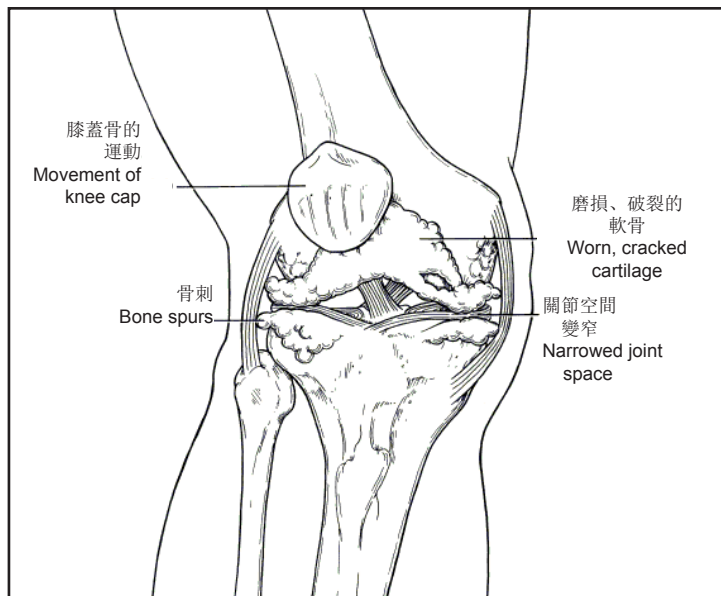
## 正常的膝關節



膝蓋為一樞紐關節，連接大腿骨（股骨）的下端與小腿（脛骨）大骨的頂端。健康的膝蓋有平滑的軟骨覆蓋骨端。屈膝時，股骨和脛骨能平順的轉動。行走時，膝關節周圍的肌肉與韌帶支撐身體重量，幫助關節平順的運動。

## Worn Knee Joint

The smooth cartilage layers can wear down on the ends of the bones. The cartilage can wear down as you age or from injury, arthritis, or a side effect from certain medicines. When the bone surfaces and cartilage wear down, they become rough, like sandpaper. As you move your leg, the bones grind and you have pain and stiffness.

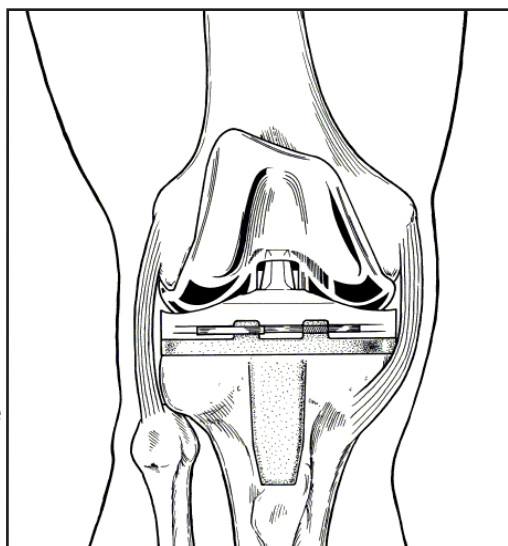


## 磨損的膝關節

覆蓋在骨端上的平滑軟骨層可能會磨損。年齡增長、受傷、關節炎或某些藥物的副作用都可能造成軟骨磨損。骨頭表面與軟骨磨損後會變得粗糙不平，像砂紙一般。腿部移動時，骨頭碾壓造成疼痛與僵硬。

## Total Knee Replacement

During surgery, the damaged cartilage and ends of the bones of the knee joint are removed. A new joint is created using an artificial joint made of metal and very strong plastic. Parts of the new joint may be cemented in place with special bone cement. The metal has a porous surface that your bone will grow into as it heals to create a tight fit.



## 全膝關節置換

手術時，將膝關節受損的軟骨和骨端切除。使用金屬和高強度的塑膠製成人工關節，做為新關節。新關節的某些部分可用特殊骨泥固定。金屬的表面上有許多孔洞，骨頭癒合的過程中會長入金屬表面，與金屬結合成一體。

## Joint Pain and Movement After Surgery

The staff will help you stand and begin walking with a walker the day of or day after surgery. You will have some pain as the tissues heal and muscles regain their strength. This pain should go away in a few weeks and pain medicine will be ordered to help relieve this surgery pain. With your new joint and physical therapy, you may be able to resume some of the activities you once enjoyed.

**Talk to your doctor or nurse if you have any questions or concerns about total hip replacement.**

## 術後的關節疼痛與運動

手術當天或第二天，醫護人員會協助患者站立，並開始使用助行器走路。隨著組織的癒合及肌肉恢復力量，患者會感到些許疼痛。這種疼痛應會在幾週內消退，並可使用止痛藥幫助減緩這種術後的疼痛。置換新關節加上物理治療後，患者即可能可以繼續從事一些以前常做的活動。

若您對於全膝關節置換有任何疑問或擔憂，請諮詢您的醫生或護士。