

Is it Time To Consider A Total Joint Replacement?

Signs That You Are Ready For A Hip or Knee Replacement. If you are experiencing three or more of these symptoms, it is time to talk to your primary care physician.

- Your pain persists or recurs over time
- Your joint aches during and after exercise
- Your joint stiffens up from sitting in a car or a movie theater
- You feel pain in rainy weather
- The pain prevents you from sleeping or awakens you at night
- You feel a decrease in joint motion
- Your joint is stiff or swollen
- You have difficulty walking or climbing stairs
- You have difficulty getting in and out of chairs and bathtubs
- You experience morning stiffness that typically lasts less than 30 minutes (as opposed to stiffness lasting longer than 45 minutes, a sign of an inflammatory condition called rheumatoid arthritis)
- You feel a "grating" of your joint
- You've had a previous injury to your hip
- You've had a previous injury to the anterior cruciate ligament (ACL) of your knee
- You have progressive joint pain which limits activities necessary to go about your daily routine (such as getting up from a chair or climbing stairs).
- You have progressive pain that limits activities that give you pleasure (such as walking for exercise, traveling or shopping.).
- You have tried conservative treatments, such as medication, physical therapy and use of walker or cane, for a reasonable period of time and you still have persistent joint pain.

Signs You Are Not Ready For A Hip or Knee Replacement

- Your knee pain does not limit normal activities.
- Your symptoms are improving or you have not tried conservative treatments such as medications, physical therapy and use of a walker or cane
- You are only limited from performing activities such as running or skiing