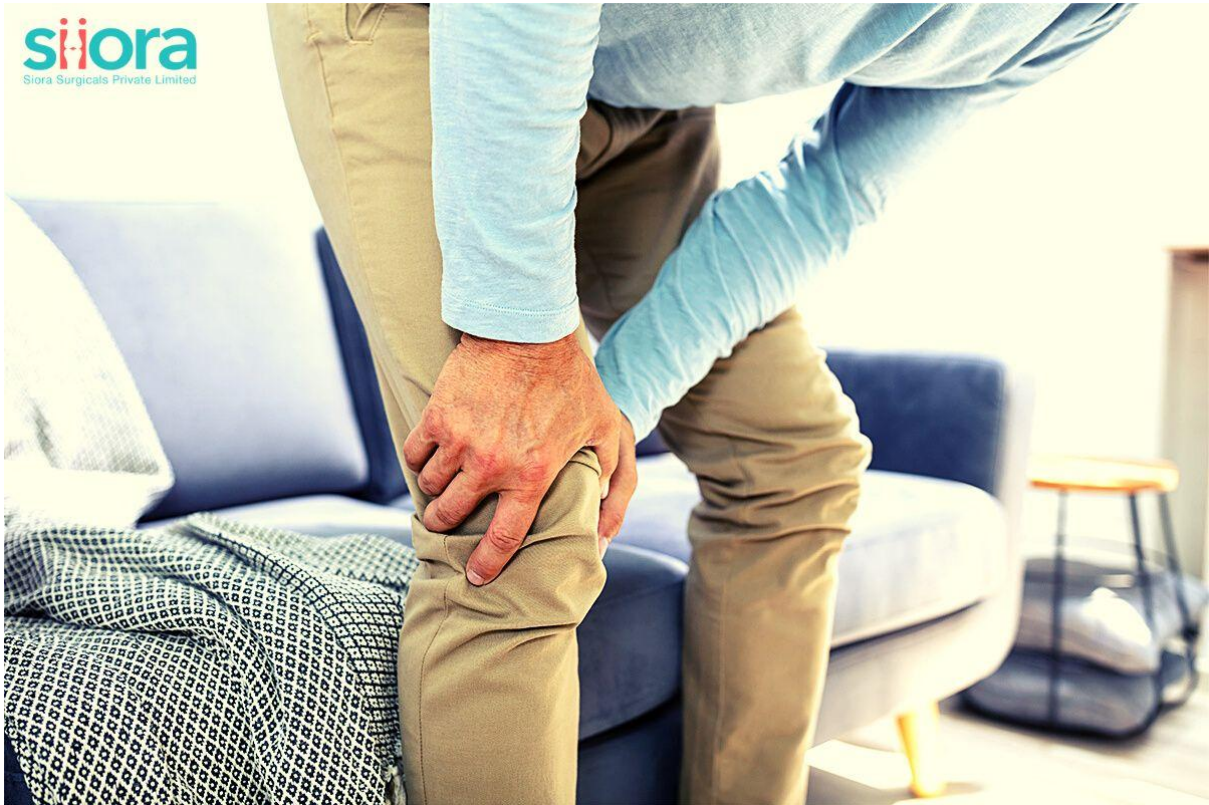


# Who is an Ideal Candidate for Knee Replacement?



Knee replacement surgery is recommended when the joint stops functioning or is badly damaged and the painful symptoms associated with it are unbearable. Besides this, the decision to knee replacement is also done when alternative treatment methods are not enough to provide relief.

Sometimes, it is noticed that the person decides to have surgery just because of persistent knee pain and he/she has to take medicines to improve that. If you ask us, then it is the worst decision one could take as only pain cannot define the need to knee replacement.

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If you don't know, knee replacement is not minor surgery and it takes a lot to gain a full range of motion post-surgery. So, it is very important to carefully analyze the situation before opting for surgery. In this post, we will shed some light on the points that one must consider before knee replacement.

## When Do I Decide to Have Knee Replacement?

The first and foremost thing you are required to do is to be in regular touch with your doctor. With routine examination and x-rays, the doctor can guide you on what to do next. Who knows that you might not need surgery as well? Let us talk about a few possible situations.

It might be the case that your x-ray report looks horrible but your symptoms are not as severe. Plus, with regular medication, you are able to do routine tasks involving the knees comfortably. So, in this case, if you decide to have a knee replacement based on your x-ray report, then we must say that it will be a bad decision.

While on the other hand, there could be a case where the condition of your knee(s) is severe but the x-ray report is the opposite. Pain and swelling are severe, and you are not even able to stand or walk properly even after taking the medicines. In such situations, the decision to knee replacement will be absolutely correct.

So, along with the x-rays, it is also important to have a look at an individual's condition before opting for surgery.

### **What Options to Try Before Having Surgery?**

Before deciding to have a knee replacement, it is important for you to think about its alternative first. Here are the alternatives you could ask your doctor:

Knee braces

Pain medicines

NSAIDs

Physical therapy

Corticosteroids or PRP injections

### **Factors to Consider Before Knee Replacement**

Above all, there are also certain factors that should be considered before finalizing knee replacement.

The age of the patient is the first thing to be considered as physical therapy is required after the surgery for better results. If the patient is old enough that he/she cannot bear that stress, surgery might not be a feasible option. Besides this, if the patient is suffering from any health condition or is on certain medications, this should also be noticed by the doctor to decide whether the surgery will be safe or not.

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