

Stiff & Painful Knee

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Introduction

- Non operative treatments
- Results of TKR/UKR
- Painful TKR

American Academy of Orthopaedic Surgeons (AAOS) 2008

- Extensive meta-analysis of Knee OA treatments
- Results graded on efficacy and strength of evidence
- Looked at all non-arthroplasty interventions

Grading system

Grade	Level of evidence
A (Recommend)	Level 1 (RCT)
B (Suggest)	Level 2/3
C (Option)	Level 4/5
I (Unable)	None/conflicting

Recommend (AI)

For:

- Weight loss >5% (BMI >25)
- Low impact aerobic exercise

Against:

- Glucosamine
- Acupuncture
- Arthroscopy

Suggest (B 2/3)

For use of:

- Paracetamol/NSAID
- Activity modification
- Quads strengthening
- Lateral heel wedges
- Steroid injections
- Patella taping (PFOA)

Against use of:

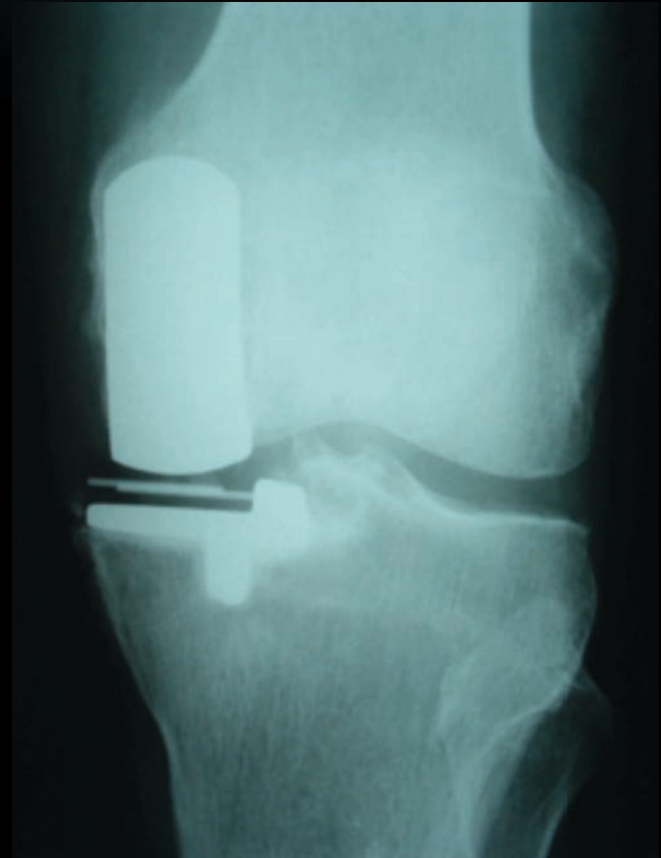
Hyaluronic acid (HA)
Needle lavage

Option (C 4/5)

For use of:

- Arthroscopy for mechanical symptoms
- Physiotherapy to ↑ ROM
- Tibial osteotomy (HTO)

Results of TKR/UKR



Results of TKR/UKR

- Post op pain takes min 4 months to settle
- Majority will have settled by 1 year
- Muscle recovery takes 1-2 years
- Persistent pain in 10-20%
- Post operative function and ROM most closely related to pre-op levels
- Satisfaction level depends on expectations

Patient satisfaction post TKR

- Questionnaires sent to 8000 pt on NJR database
- Mean Oxford Knee Score (OKS) 25
Range 12 (good) - 60 (bad)
- Satisfaction correlated with pain and function scores
- Results identical to other registry studies

Results

		Mean OKS
Satisfied	82%	22
Not sure	11%	35
Not satisfied	7%	42
Persistent pain	20%	
Pain with walking	16%	
Pain with kneeling	57%	

Kneeling post TKR/UKR

No problems

Difficult/Impossible

TKR

20%

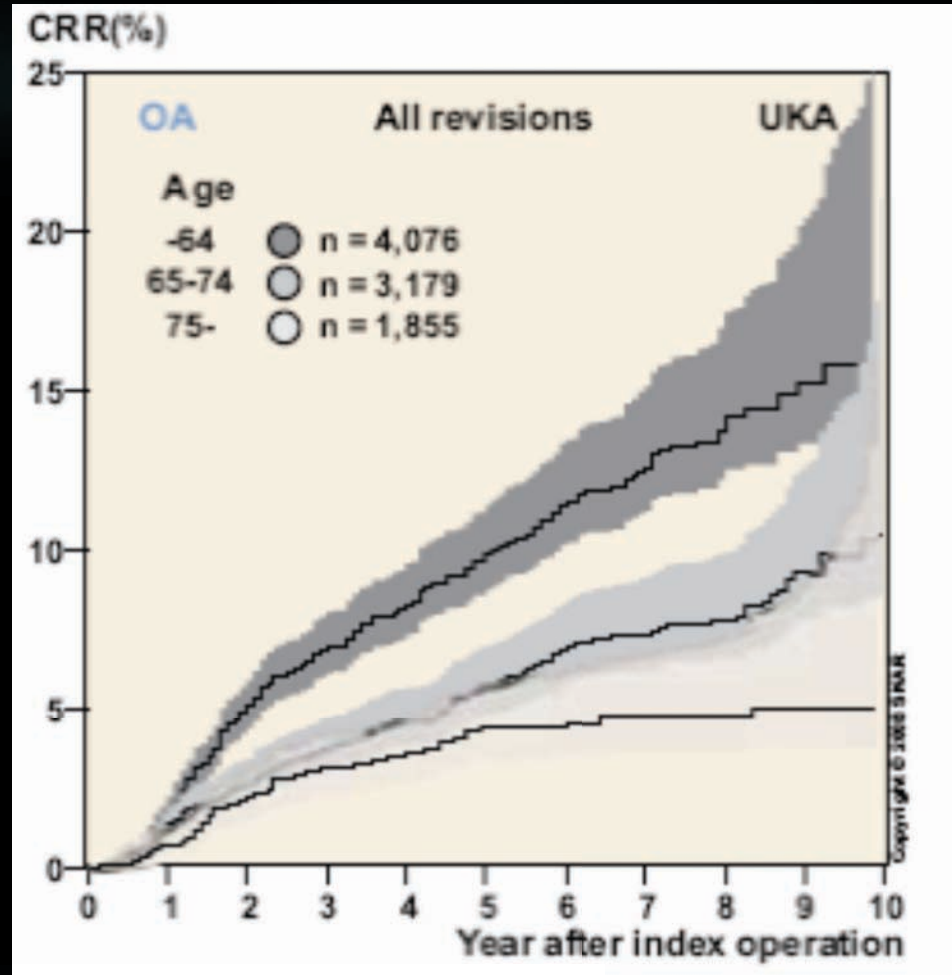
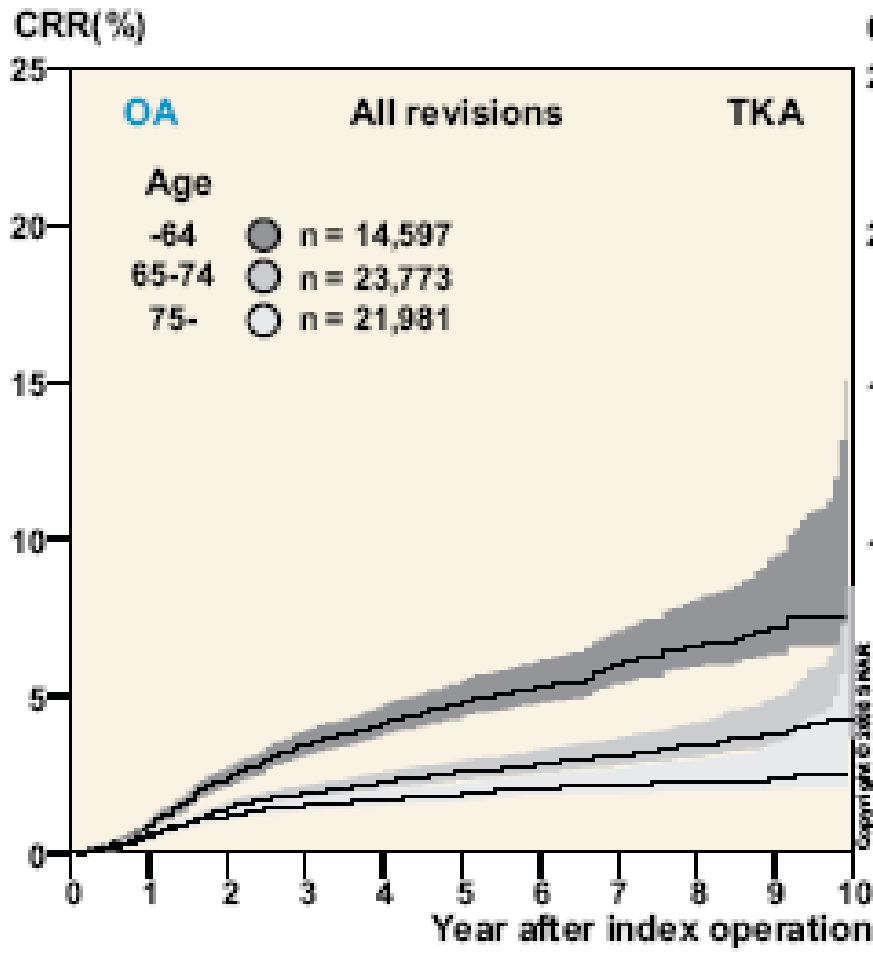
80%

UKR

40%

60%

How long will it last Dr?



How long will it last Dr?

Primary TKR Survival

- 10 year 95%
- 15 year 85%
- 20 year 75%

The painful TKR

Intrinsic causes

- Infection - early, late, haematogenous
- Loosening
- Malalignment
- Instability
- Soft tissue problems
- Patella problems

The painful TKR

Extrinsic causes

- Hip/spine pathology
- CRPS I
- DVT/Claudication
- Fracture
- Tendonopathy

The painful TKR

- Patients with pain need investigating before asked to accept symptoms
- Refer to knee surgeon
- X-ray
- Bloods
(CRP can be normal in 10% infected cases)
- Aspiration
- Bone scan (Not done now)

Summary

- Use interventions which are evidence based
- Many options before arthroplasty indicated
- Recovery post TKR can take 1 year
- Persistent pain post TKR 10-20%
- Unexplained pain needs investigation

Questions

