

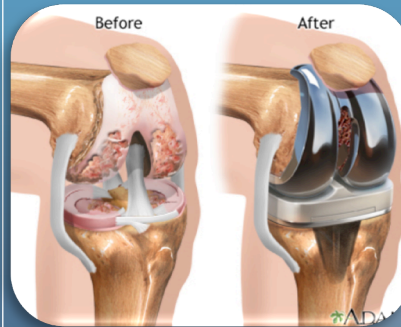
Aquatic Physical Therapy for Knee Replacement

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What is a Joint Replacement?

A joint replacement is when an arthritic joint or damaged joint is removed and replaced by an artificial joint (prosthesis.)



According to the Academy of Orthopedic Surgeons, there are more than 300,000 knee replacements performed each year in the U.S.

Causes that Require Knee Replacement:

The most common causes of requiring hip replacement include arthritis, osteoarthritis (wear & tear), rheumatoid arthritis, post-traumatic arthritis (i.e. fracture) or damage to surrounding hip tissue such as ligaments and articular cartilage.

Types of Knee Replacements:

Specific compartments of the knee joint are replaced with artificial parts, which can lead to either Unicompartamental (*Partial Knee Replacement*) or Tricompartamental (*Total Knee Replacement*).



Rehabilitation & Recovery:

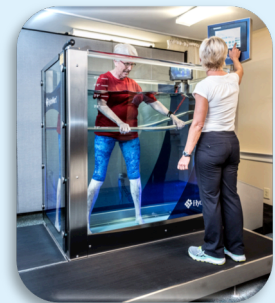
Depending on type of surgery (partial vs total knee), full recovery may take an estimated **6 months** for total knee replacement and **much less** for a partial knee replacement.

Hinman et al. Aquatic Physical Therapy for Hip and Knee Osteoarthritis: Results of a Single-Blind Randomized Controlled Trial, *Physical Therapy*, Volume 87, Issue 1, 1 January 2007, Pages 32-43, <https://doi.org/10.2522/ptj.20060006>

“Total Knee Replacement- OrthoInfo- AAOS.”
[Orthoinfo.aaos.org/en/treatment/total-knee-replacement](https://www.orthoinfo.aaos.org/en/treatment/total-knee-replacement)



Why Choose Aquatic Solutions Physical Therapy?



Research shows that a 6-week program of aquatic physical therapy resulted in significantly less pain and improved physical function, strength, and quality of life on an individual with knee osteoarthritis (Hinman et al, 2007).

For post-surgical procedures, early aquatic physical therapy intervention improves function by increasing muscle strength, endurance, improving balance, coordination and minimizing swelling & pain.