

Management of Knee Joint Osteoarthritis with Total Knee Arthroplasty

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Abstract

Background: Osteoarthritis is thought to be the most prevalent chronic joint disease. The incidence of osteoarthritis is rising because of the ageing population and the epidemic of obesity. Pain and loss of function are the main clinical features that lead to treatment, including non-pharmacological, pharmacological, and surgical approaches. Aim: To assess the clinical outcome of the procedure. To study radiological variable influencing the outcome of total knee Arthroplasty. **Methods:** The present study was conducted in KMC, MGM Hospital Warangal Orthopedic unit. The patients were selected as per inclusion and exclusion criteria. Ethical permission for the study was obtained from Institutional Ethical Committee. All patients after thorough pre-op evaluation were taken up for surgery by the same surgical team under general or regional anesthesia. **Results:** Of the 30 Arthroplasties performed 2 patients (2 knees) were lost to follow-up for various reasons 28 patients (28 knees) were available for clinical review. The mean follow up period was 11.6 months (range 3-18 months). According to the Knee Society Clinical Scoring system of the 28 patients assessed in the study 24 patients (92.8%) had Excellent, 3 patients (5.4 %) had fair, and 1 patient (1.8 %) had good results. **Conclusions:** Total Knee Arthroplasty improves the functional outcome of the patient and the ability of the patient to get back to pre-disease state, which is to have a pain free mobile joint, as reflected by the improvement in the post-op Knee Clinical Score and Knee Functional Score.