

Badelida Buuxdo ee Jilibka

Total Knee Replacement

Total knee replacement is a surgery to replace worn or damaged parts of the knee joint. The surfaces of the diseased joint are removed and replaced with an artificial joint. This surgery can relieve pain and improve movement in your knee joint.

You may need a total knee replacement if:

- Other treatments, such as medicine, steroid injections and physical therapy, no longer stop your pain or help movement of the joint.
- The pain or poor movement in your knee prevents you from doing your normal activities.

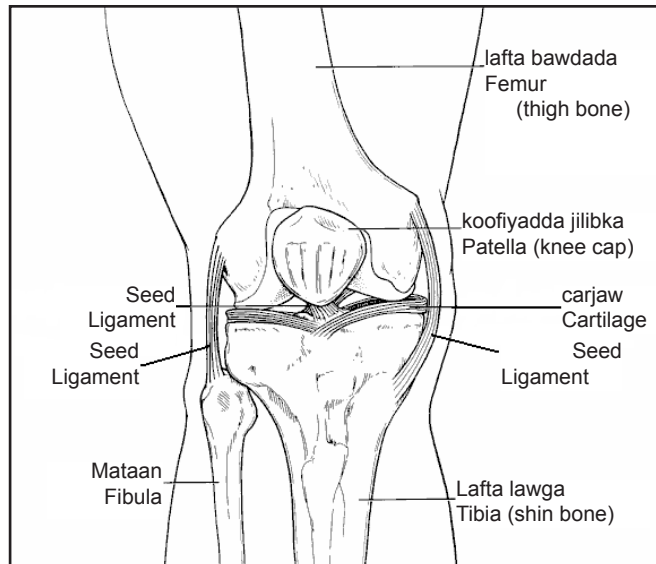
Badelida Buuxdo ee Jilibka waa qaliinka lagu badelayo qeybaha dhammaaday ama waxyeeloobay ee xubinta jilibka. Sagxadaha xubinta jiran waa laga saaraa oo lagu badelaa xubin caag ah. Qaliinkaan waxay ka saari karaan xanuunka iyo sare u qaadida dhaqdhaqaaqa ee xubinta jilibka.

Waxaad u baahan kartaa badelida buuxdo ee jilibka haddii:

- Daaweynada kale, sida daawada, cirbadaha murqaha iyo daaweynta jirka, markale ma joogsato xanuunkaaga ama ku caawiyo dhaqdhaqaaqa xubinta.
- Xanuunka ama dhaqdhaqaaqa liita ee jilibkaaga waxay ka hortagtaa sameyntaada howlaha caadiga ah.

Normal Knee Joint

Your knee is a hinge joint where the end of the thigh bone (femur) meets the top of the large bone in your lower leg (tibia). A healthy knee has smooth cartilage that covers the ends of the bones. The two bones glide smoothly as you bend your knee. The muscles and ligaments around the knee joint support your weight and help move the joint smoothly when you walk.



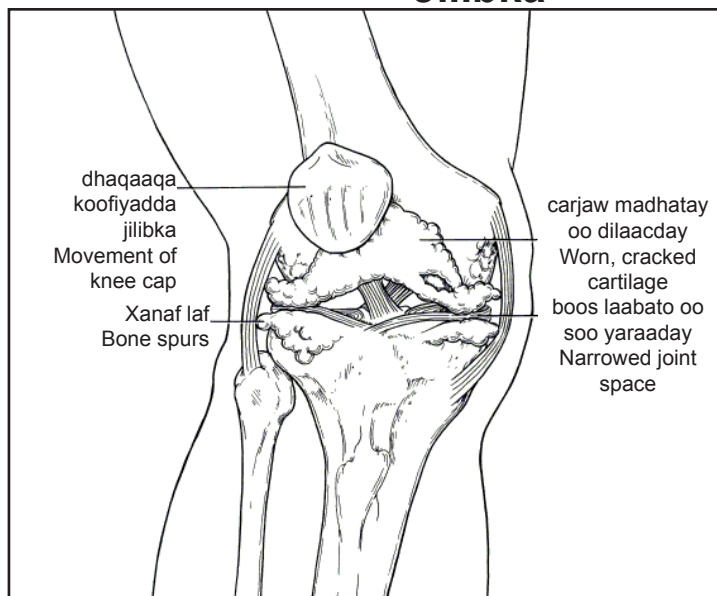
Xubinta Jilibka Caadiga ah

Jilibkaaga waxay ku xiranbtahay xubinta halka dhammaadka lafta sareyso (femur) waxay buuxisaa dusha lafta weyn ee lugtaada hoose (tibia). Caafimaadka jilibka waxay leedahay unuga isku xiro oo simman ee daboosha dhammaadka lafaha. Labada lafood ee u dhexsocoto si simman sida aad u

qaloocisay jilibkaaga. Murqaha iyo seedaha ku haraareysan xubinta jilibka waxay taageertaa culeyskaaga oo kugu caawisaa dhaqaajinta xubinta si simman marka aad lugeyneysid.

Worn Knee Joint

The smooth cartilage layers can wear down on the ends of the bones. The cartilage can wear down as you age or from injury, arthritis, or a side effect from certain medicines. When the bone surfaces and cartilage wear down, they become rough, like sandpaper. As you move your leg, the bones grind and you have pain and stiffness.



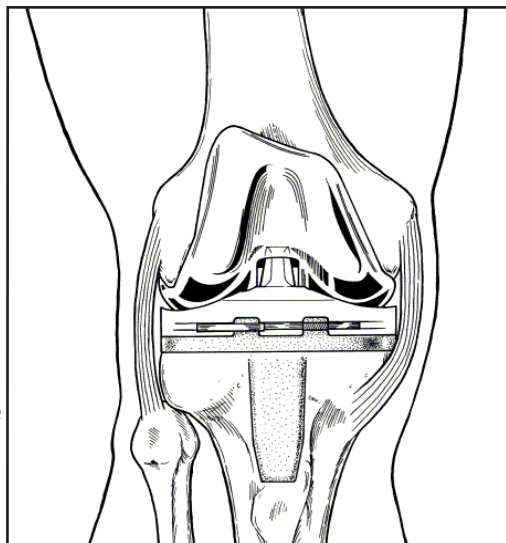
Dhammaashaha Xubinta Jilibka

Fadhiyada simman ee unuga isku xiro wuxuu u dhammaan karaa hoosta dhammaadyada lafaha. Unuga isku xiro hoos ayuu u dhammaan karaa sida aad sii duqoowaysid ama dhaawaca ah, xubin bararka, ama saameynta dhinaca ee ka imaaneyso daawooyinka qaar.

Markii saqxada lafta iyo unuga isku xiro hoos ayuu u dhammaadaa, way xumaadaan, sida warqada kaartada. Adiga oo dhagaajinayo lugtaada, lafaha shiidmo iyo aad xanuun iyo adkaansho leedahay.

Total Knee Replacement

During surgery, the damaged cartilage and ends of the bones of the knee joint are removed. A new joint is created using an artificial joint made of metal and very strong plastic. Parts of the new joint may be cemented in place with special bone cement. The metal has a porous surface that your bone will grow into as it heals to create a tight fit.



Badelida Buuxdo ee Jilibka

Inta lagu jiro qaliinka, unugyada isku xiro ee waxyeeloobay oo ku dhammaado dhammaadyada lafaha ee xubnaha jilibka waa laga saaraa. Xubinta cusub waa la aasaasay iyada oo la isticmaalayo xubinta caaga ee ka sameysan birta iyo bac aad u adag. Qeybaha xubinta cusub waxaa meel lagula adkeyn karaa koolada lafaha. Birta waxay leedahay sagxada

ee in laftaada waxay u koreysaa sida ugu bogsooto si ay u aasaasto la ekaansho dhuuqsan.

Joint Pain and Movement After Surgery

The staff will help you stand and begin walking with a walker the day of or day after surgery. You will have some pain as the tissues heal and muscles regain their strength. This pain should go away in a few weeks and pain medicine will be ordered to help relieve this surgery pain. With your new joint and physical therapy, you may be able to resume some of the activities you once enjoyed.

Talk to your doctor or nurse if you have any questions or concerns about total hip replacement.

Xanuunka Xubinta iyo Dhaqdhaqaaqa Qaliinka Kadib

Shaqaalaha wuxuu kugu caawinayaa inaad joogsatid oo aad bilowdid socoshada maalinta ama maalinta qaliinka kadib. Waxaad heleysaa xanuunka qaar sida unugyada daaweeyaan iyo murqaha dib u helaan kartidooda. Xanuunkaan waa inuu ku dhammaadaa dhoor isbuuc iyo daawada xanuunka waa lagu amrayaa inay ku caawiso baabi'inta xanuunka qaliinkan. Iyo xubinta cusub iyo daaweynta jirka, ee laga yaabo inay kuugu suurtoogasho inaad soo celisid qaar ka mid ah howlaha aad mar jeclaatay.

La hadal dhaqtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ah ama ka walaacsan badelka guud ee sinta..