

## **We specialize in :**

- All Arthroscopic Shoulder/  
Rotator Cuff Surgery
- Arthroscopic Surgery for  
Recurrent Shoulder Dislocation
- Arthroscopic Knee Surgery  
(ACL Reconstruction and  
Meniscal/Cartilage Repair)
- Partial Knee Resurfacing
- Minimally Invasive Hip and  
Knee Replacement
- Arthritis and Fracture of the  
Hand and Upper Extremity
- Carpal Tunnel Syndrome and  
Trigger Fingers

### **Disclaimer**

*\*This is guide is for informational purposes only and is not intended as a guide to self treatment. Seek the advice of a qualified physician before initiating any treatment on your own.*



## **Highland Center For Orthopaedics**



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*Certificate of Added Qualification in  
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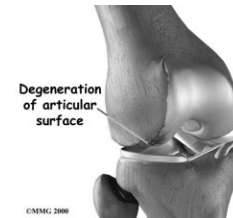
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[www.highlandortho.com](http://www.highlandortho.com)

## **Knee Pain/ Arthritis**

*Do you have knee pain/  
weakness with activity?*



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# Knee

Knee pain is a common problem. The knee is a hinge joint with two shock absorbers called menisci that stabilize the knee and cushion it. Figure 1 and 2.

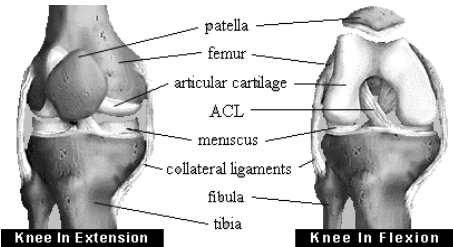


Figure 1 : Knee joint.

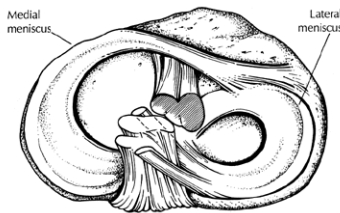


Figure 2: Meniscal Cartilages

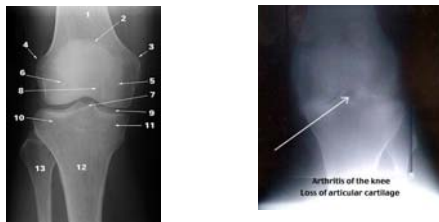


Figure 3: Normal (Left) and Arthritic (Right) Knee Xrays

Osteoarthritis is when the smooth cartilage on the bone ends (articular cartilage) of the joint wears out with time resulting in pain, swelling and weakness. Fig. 3.

## Treatment

Initial treatment centers on strengthening exercises for the knee, avoiding high impact activities and weight loss. When combined with anti-inflammatory medication these simple measures may relieve symptoms in over half of the people with knee arthritis. The next option includes cortisone and other types of injections. When all conservative measures fail, surgery may be required. Depending on the severity of your problem you may be a candidate for an arthroscopic surgery, a partial or a total knee replacement. Discuss and consider the options carefully with your Orthopaedic surgeon.

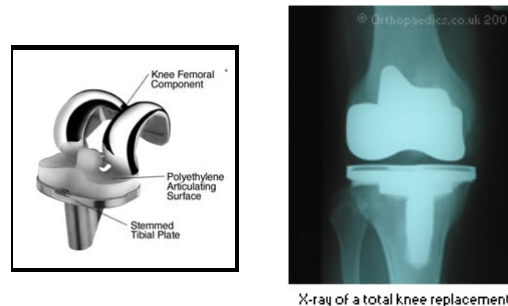


Figure 4 : Total Knee replacement

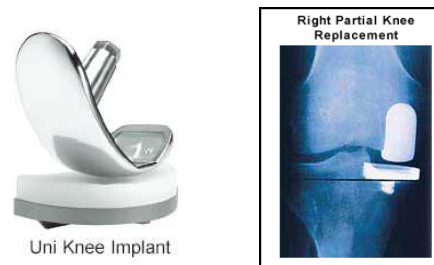


Figure 5: Partial knee Replacement



## About the author:

Dr. Jurjula is a Fellowship Trained/  
**Board Certified Orthopaedic Surgeon** specializing in Hand and Upper Extremity Surgery, Arthroscopic and minimally invasive surgery of the Knee/Shoulder and **Joint Replacement**. He holds privileges at Winter Haven Hospital and The Day Surgery Center in Winter Haven. Dr. Jurjula also served as President of the Polk County Medical Association for 2009 and is the President and founder of Highland Center for Orthopaedics.



## Highland Center For Orthopaedics

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