

Severe pain, stiffness and loss of use of your knee (complex regional pain syndrome)

How soon will I recover?

You should be able to go home after three to seven days.

You will need to use crutches or walking sticks for a few weeks.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, ask the healthcare team or your GP for advice.

Most people make a good recovery, have less pain and can move about better. An artificial knee never feels quite the same as a normal knee.

Kneeling down is not recommended and is usually uncomfortable.

A knee replacement can wear out with time.

Summary

If you have severe pain, stiffness and disability, a knee replacement should reduce your pain and help you to walk more easily.

Acknowledgements

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