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Consulting location from January 2027

# Knee Replacement Assessment

Patient information for private orthopaedic assessment in Wellington

Knee replacement may be discussed when knee arthritis or another knee condition is causing ongoing pain and limiting daily activity despite appropriate non-operative care.

Symptoms may include pain, swelling, stiffness, difficulty with stairs or uneven ground, trouble kneeling, difficulty standing from a chair, or reduced confidence with walking.

This information is general only and does not replace personalised medical advice. Your assessment, treatment options and recovery plan may differ. Andy Thompson's clinic is not an urgent or emergency service. For medical emergencies, call 111.

## What assessment may cover

- How symptoms affect walking, work, sleep, activity and confidence.
- Examination of knee movement, alignment, swelling, stability and walking pattern.
- Review of X-rays, scans, previous treatment and general health factors.
- Discussion of physiotherapy, medication, injections, further monitoring or surgery where appropriate.

## If knee replacement is discussed

- The operation replaces damaged joint surfaces with artificial components.
- Pain relief and function vary between patients, and recovery can take time.
- Risks, limitations and the practical rehabilitation plan should be discussed before decisions are made.
- Return to driving, work and activity depends on the procedure and recovery progress.

## Useful information to bring

- Referral notes, current imaging reports and details of previous treatment.
- A current medication list, allergies and relevant medical conditions.
- ACC claim details or insurer information if funding may apply.
- Questions about non-operative care, timing, recovery and possible surgery.

Prepared for Andy Thompson's patients and referrers. Updated October 2026.