
10 Key Warning Signs You Shouldn't Overlook Before Hip or Knee Replacement

Recognizing the **warning signs** before hip or knee replacement is crucial for timely intervention. Early detection can significantly improve outcomes and enhance your overall quality of life, ensuring that you make informed decisions regarding your health.

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| 1. Persistent Pain | Ongoing discomfort that doesn't improve with rest or medication. |
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| 2. Stiffness and Limited Mobility | Trouble bending, straightening, or rotating your joint, making everyday tasks harder. |
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| 3. Reduced Quality of Life | Constant discomfort keeping you from hobbies, sports, or family activities. |
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4. Pain While Resting

Pain that continues even while sitting or lying down, especially at night.

5. Swelling and Inflammation

Swelling around the joint that doesn't go away with conservative treatments.

6. Difficulty Walking or Standing

Limping, needing a cane or walker, or struggling to stand for long periods.

7. Locking or Instability

The joint feels like it might "give way" or gets stuck during movement.

8. Minimal Relief from Non-Surgical

Therapy, injections, or medications no longer help.

9. X-Ray or MRI Evidence

Imaging shows severe arthritis, bone damage, or significant cartilage loss.

10. Impact on Mental Health

Pain and mobility issues are affecting your sleep, mood, or overall well-being.

Don't Ignore These Signs



For more information, visit MagicKnee.org

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