

Knee deep

When it comes to diagnosing and treating the pain in your knees, let the experts assess the damage early on



Knee troubles affect one in three people in the UK at some stage of their lives – and when you're aware of what these complex joints endure, it's easy to see why.

The knee is an extremely hardworking joint, responsible for a range of different movements. Both knees have to lock into position to enable a person to stand, while also acting as hinges to enable walking and running.

Due to complex stresses, the knee can be prone to problems including ligament or cartilage tears, dislocation and arthritis. If any of these problems do occur, it's essential to see an expert, like consultant orthopaedic surgeon Mr Wiqqas Jamil, to ensure you receive

the correct diagnosis and the best advice about treatment.

Why does it hurt?

Knee pain can be the result of numerous factors and can occur at any age, but problems tend to become more of an issue in older people. If you are overweight or a keen sports person, you will also have an increased risk of damage.

As well as sports knee injuries, Mr Jamil frequently treats patients with arthritis in the knee. Osteoarthritis is the most common type of arthritis in the UK – it causes damage to the protective surface of the bones inside the joint, known as the articular cartilage, which

results in swelling and pain in the area. People who take part in impact sports, such as running, football, rugby and netball, are at a higher risk of trauma as well as both sports-related knee injuries and osteoarthritis.

When to see a specialist

Understanding the nature of symptoms can help when deciding whether to see an expert and aid the correct diagnosis if you do. Pain that is relatively minor and happens after taking part in activity you're not used to is probably caused by a sprain or strain and can be treated at home with rest and painkillers.

However, rapid onset of pain and swelling, giving way of the knee,

knee locking, inability to fully bend or straighten your knee, numbness, heat on and around the joint, or constant and severe discomfort even while resting, need immediate expert advice.

What are the treatments?

Depending on the diagnosis, surgery may be necessary. Mr Jamil offers a number of surgical options, including:

ARTHROSCOPIC SURGERY This is typically undertaken to further assess pain and to treat damaged cartilage and some consequences of arthritis.

LIGAMENT RECONSTRUCTION Performed after a tear to one or more of the ligaments of the knee, with a tear of the anterior cruciate ligament being an extremely common sports injury.

TOTAL AND PARTIAL KNEE REPLACEMENTS Surgery to replace the knee is usually needed when the knee joint is worn or damaged to such an extent that mobility is reduced and pain is experienced even while resting. This type of damage is typically caused by arthritis.

Partial/total knee replacement surgery takes 60-90 minutes and involves

enhanced recovery, meaning that you shall be able to walk on the same day within hours of surgery.

However, not all injuries will require surgery – **injection therapy** and **physiotherapy** may be more appropriate treatments, and Mr Jamil also provides these alternative options.

Specialist treatment

When a small part of the cartilage within the knee joint is damaged in isolation, certain cartilage regeneration techniques can be performed. If these techniques are not suitable or have previously failed, then patient-specific chondral resurfacing can be performed. The procedure is less invasive than partial knee replacement and helps to preserve the bone. Mr Jamil was the first surgeon in Manchester to perform this technique in the NHS.

Feeling the benefits

Surgery and other specialist procedures can offer many immediate and long-term benefits, including pain relief, increased mobility and greater stability, all of which can lead to a return to an active life of sports and exercise.

MEET THE EXPERT



Mr Wiqqas Jamil is a consultant orthopaedic surgeon specialising in all aspects of knee surgery and other specialist treatments. He is also experienced

in primary hip replacement surgery.

Mr Jamil's practice covers all aspects of knee surgery, from sports injuries to arthritis. He commonly performs arthroscopic (keyhole) surgery, cruciate ligament reconstruction and both total and partial knee replacements.

His specialist areas of interest include cruciate ligament injuries and other sports-related trauma, such as cartilage injuries and osteochondral defect resurfacing.

Mr Jamil studied medicine at the University of Leeds, graduating in 2002. He completed his higher surgical training within the North West Orthopaedic training programme, followed by regional, national and international (Australia) Knee Fellowship programmes.

He is currently a consultant at Tameside and Glossop Integrated Care NHS Foundation Trust.

He is the first surgeon in Manchester to have performed patient-specific chondral surfacing within the NHS and is also an advisory surgeon for this technology. Mr Jamil practises privately at the BMI Alexandra Hospital in Cheshire, the Wilmslow Hospital, Cheshire, the BMI Highfield Hospital, Rochdale and the Manchester Institute of Health & Performance, Manchester.

**RAPID ONSET OF PAIN AND SWELLING, GIVING WAY OF KNEE, KNEE LOCKING, NUMBNESS AND HEAT ON AND AROUND THE JOINT?
SEEK IMMEDIATE ADVICE**



Keeping knees strong and healthy is vital for a normal lifestyle

The hips don't lie

Mr Jamil also performs primary hip replacements. Hip surgery is generally indicated when the joint is so worn that mobility is reduced and pain is experienced even while resting. This is typically caused by osteoarthritis or a joint fracture. The operation takes around 60-90 minutes and involves enhanced recovery, meaning that you should be able to walk on the same day, within hours of your surgery.

FOR MORE INFORMATION

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