

What patients are saying about the West Suffolk Knee Service

"Have found the exercises very beneficial and have helped tremendously"

"Gave me confidence that I wasn't damaging my knee by exercising"

"This information helped with understanding how to manage the condition"

"I was impressed that personal attention was paid to patients even though it was a group"

82% of patients felt that the information given to them answered all of their questions.

99% indicated that the programme had met their expectations.

85% said that the programme had helped manage and/or find relief from their knee pain.

98% of patients would recommend the service to a family member or friend.

For further information...

Contact:
Knee Service Coordinator

- **Bury St Edmunds patients**
Physiotherapy Department
West Suffolk Hospital
Telephone: 01284 713300
- **Other West Suffolk patients**
Allied Health Professionals (Suffolk)
Telephone: 01473 301064

References

NHS Choices provides useful information about knee replacement:
<http://www.nhs.uk/conditions/Knee-replacement>

Arthritis Research UK offer information and support on knee pain including exercise:
<http://www.arthritisresearchuk.org>

Arthritis Care provide a factsheet about Osteoarthritis of the knee:
<http://www.arthritiscare.org.uk>

Shared decision making is the conversation that happens between a patient and their health professional to reach a healthcare choice together. For further information:
<http://sdm.rightcare.nhs.uk>



West Suffolk Knee Service



Information for Patients diagnosed with Osteoarthritis of the Knee

THE BEST OF HEALTH FOR WEST SUFFOLK

You have been referred to the West Suffolk Knee Service – what happens now?

The West Suffolk Knee Service is operated by physiotherapists and is designed specifically for people with osteoarthritis of their knee.

The aims of the service are:

To work with you to help you to manage your knee condition, to decrease any pain you may have and to improve your day to day functioning.

To educate and inform you about arthritis, total knee replacement surgery, pain management, exercise, weight management and the benefit of using aids for daily living.

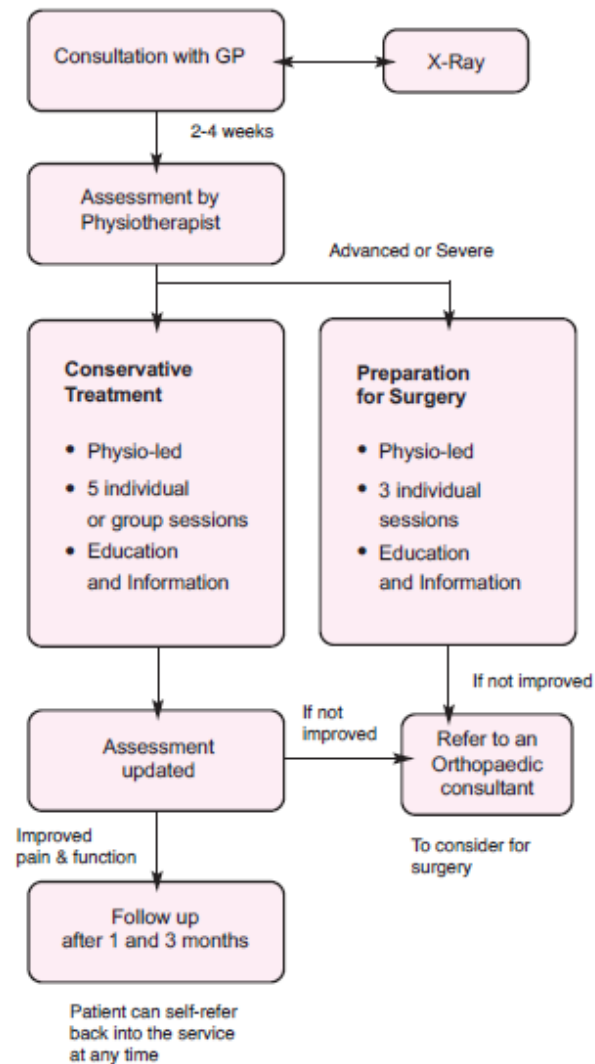
To support you in making an informed decision about the treatment options for your knee.

To ensure that you are fully prepared to manage your knee condition, whether or not you decide to consider knee replacement surgery.

The service offers group sessions to deliver education and a personal exercise programme aimed at improving your strength, flexibility, mobility and function.

Once you have seen us and been through the programme, you will be asked to complete a brief questionnaire to let us know how the programme was and any benefit you have found, along with your suggestions regarding how we could improve our service.

The Knee Assessment Pathway



Frequently Asked Questions

What is the West Suffolk Hip Service?

The service is designed to help patients to manage their knee pain through group and individual physiotherapy sessions. Many patients will be able to manage their pain without the need for surgery, but the service also helps patients who do require a knee replacement to prepare for surgery and make sure they are fit and ready to get the best possible outcome.

What if attending group sessions is difficult for me?

You may be offered individual sessions. These will cover the same material as the groups but will be tailored to your specific requirements.

Will being referred to the West Suffolk Knee Service delay my assessment by a surgeon if I need a knee replacement?

No. The service will assess you within 2-4 weeks and, if you require surgery as a treatment option, you will be referred directly to an Orthopaedic Consultant.

Do I have a choice of where to have surgery?

We can refer you to orthopaedic consultants for hospital treatment, including surgery at a location of your choice.

What happens if my knee pain flares back up after I have completed the programme?

You can refer yourself back into the West Suffolk Knee Service at any time.

Will exercise cause me harm?

The exercises delivered by the West Suffolk Knee Service are designed to help to build muscle strength and endurance and can lead to reduced pain and improved joint function.