

# 5 Common Orthopedic Surgeries You Should Know



The field of orthopedics is ever-advancing and in the last few decades, it has seen a lot of improvement. From surgical techniques to orthopedic devices, everything has become advanced. As a result, the success rate of orthopedic surgeries has significantly improved. Some surgeries are performed more often than others. In this post, our main focus will be on discussing the commonest orthopedic surgeries.

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## 5 Common Orthopedic Surgeries

### Knee Replacement Surgery

Knee replacement is a complex procedure that is performed to replace weight-bearing parts of the knee joint to relieve painful symptoms and improve the range of motion of the joint. Two types of knee replacement surgeries are there, partial and total knee replacement. During surgery, the damaged part of the knee joint is removed and replaced with a prosthesis. This is a common orthopedic surgery that is often recommended in people above 55 to improve the quality of life and relieve symptoms associated with age-related joint conditions like arthritis.

### **ACL Reconstruction**

ACL reconstruction is a procedure that involves removing the damaged ligament and replacing it with a graft that is received from other parts of the body. The anterior cruciate ligament (ACL) is one of the major ligaments that stabilize the knee joint. This ligament often gets damaged because of overuse. Traumatic injuries like automobile accidents can also result in ACL damage.

### **Joint Fusion**

Joint fusion surgery is a way of improving painful symptoms associated with arthritis. This is also a common orthopedic surgery that involves fusing two bones forming the joint. This procedure may improve symptoms but compromises the flexibility of the joint. Joint fusion is best when the pain is persistent and medicines along with physical therapy fail to improve the symptoms. Besides arthritis, other joint conditions can also be managed with joint fusion.

### **Shoulder Replacement Surgery**

Shoulder replacement surgery is performed when the shoulder joint is severely damaged because of trauma. Also known as shoulder arthroplasty,

it can also be recommended to improve symptoms associated with osteoarthritis and rotator cuff injuries. Special shoulder arthroscopy implants are used during surgery. Shoulder replacement can restore the normal function of the joint while improving pain and stiffness.

## **Hip Replacement Surgery**

The hip joint is a type of ball and socket joint and when an injury occurs, it can affect either both the ball and socket or only the ball part. Depending on the severity of the injury, partial or total hip replacement surgery is performed. The procedure is commonly carried out in the elderly as their bones are weak and aging is a prime factor. The need for hip replacement in adults may arise because of a high-energy trauma that severely damages the hip joint.

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