

Is Hip and Knee pain stopping you from doing the things you love?

On Thursday 9 September, Consultant Orthopaedic Surgeons, [Mr Richard Goddard](#) and [Mr Raj Shrivastava](#) welcomed participants to our Hip and Knee webinar.

Mr Goddard and Mr Shrivastava shared their expert knowledge of the causes of hip and knee pain, the symptoms to look out for and the self-pay treatments we offer at our Care Quality Commission (CQC) rated Outstanding hospital.

As you get older, chronic hip or knee pain can limit your ability to get on with your day to day life. It can affect your ability to sit comfortably, kneel down or enjoy your favourite sports. You can often find the pain is worse when you move at the end of the day, or the joints may stiffen after rest, but the pain will then wear off as you get moving.

If non-surgical solutions such as changing how you carry out everyday activities, losing weight, physiotherapy, strapping or supports, pain medication or injections haven't worked, you may want to consider hip or knee replacement surgery.

Hip and knee replacements are common, there are around 100,000 of each are performed in the UK every year.

Mr Shrivastava, Consultant Orthopaedic Surgeon for hip surgery, said: "Hip replacement is the most successful operation in orthopaedics with over 75,000 procedures carried out in the UK every year. The survival of the hip processes has improved progressively, as it's approaching 20 years now. Patient satisfaction remain at 95% happy after having had hip replacement surgery."

Mr Goddard, Consultant Orthopaedic Surgeon specialising in knee surgery, said: "There are approximately 94,000 knee replacements carried out each year. The most common reason people have a knee replacement is osteoarthritis, but other types of arthritis can affect the knee as well.

"There are many causes of knee osteoarthritis these include age, being overweight, having a physical job and having a previous injury such as a cartilage tear or ligament injury."

At Benenden Hospital, we recognise how knee and hip pain can negatively impact your daily life: from lack of sleep to difficulty working or exercising. Plus, it can affect your mental wellbeing too.

At our CQC rated Outstanding hospital we offer access to speedy diagnosis and treatment in one place and our team of Orthopaedic Consultants and state-registered [Physiotherapists](#) will get you back on your feet in no time.

Find out more about [hip and knee surgery](#), by calling our Private Patient team on **01580 363158** or by completing our [online enquiry form](#).

If you missed Thursday's webinar, you can watch it [Benenden Hospital hip and knee replacement surgery webinar - YouTube](#)