

A Quicker, Gentler Path to Lasting Knee Pain Relief

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Knee pain caused by arthritis often creeps into daily life so gradually that many people adjust to discomfort without realising how much it limits them. For a 64-year-old retired bank professional, this pain slowly turned everyday activities – short walks, standing for a few minutes, or stepping out to

nearby shops – into tiring and painful tasks. Medications and physiotherapy offered temporary relief, but the discomfort kept returning, affecting both mobility and confidence.



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After a detailed clinical assessment and imaging, total knee replacement was advised as the most effective long-term solution. Like many patients, he had understandable concerns – fear of surgical pain, muscle damage, and a long recovery period. To address these worries, a minimally invasive **sub-vastus total knee replacement** was planned, a modern muscle-preserving technique designed to support faster and smoother recovery.

Unlike conventional approaches where the thigh muscle is split to access the knee joint, the sub-vastus technique allows surgeons to reach the joint without cutting the quadriceps muscle. As explained by **Dr Arun V**, Consultant – Orthopaedic and Minimally invasive joint replacement surgeon at **Sai Multispeciality Hospital**, Chengalpattu, the surgery is performed through a smaller incision, with careful handling of surrounding soft tissues. By preserving the muscle structure, this approach reduces surgical trauma and helps maintain natural knee movement after surgery.

The impact on recovery was noticeable almost immediately. The patient was able to stand and begin assisted walking on the first day after surgery. Pain was well managed, and gentle knee movements were encouraged early. By the fifth day, he was walking independently without support and comfortably managing stairs and basic daily activities.

Recovery continued steadily. Within 10 to 14 days, he resumed routine household tasks, including prolonged standing, sitting, and indoor walking. By the third week, he had returned to regular outdoor walks, regaining confidence and

independence.

Throughout rehabilitation, swelling remained minimal and physiotherapy was well tolerated due to preserved muscle strength. The smaller incision resulted in minimal scarring, and follow-up assessments showed improving knee movement, stability, and overall function.

At review, the patient reported significant pain relief and a marked improvement in quality of life. What is often perceived as a major surgery became a more patient-friendly experience – without compromising accuracy, implant alignment, or long-term outcomes.

For patients with advanced knee arthritis, minimally invasive sub-vastus knee replacement offers clear advantages: earlier mobilisation, reduced discomfort, faster functional recovery, and a quicker return to everyday life. By combining surgical precision with muscle preservation, this technique represents a modern and thoughtful approach to knee replacement – focused not just on fixing the joint, but on restoring movement, confidence, and independence.

