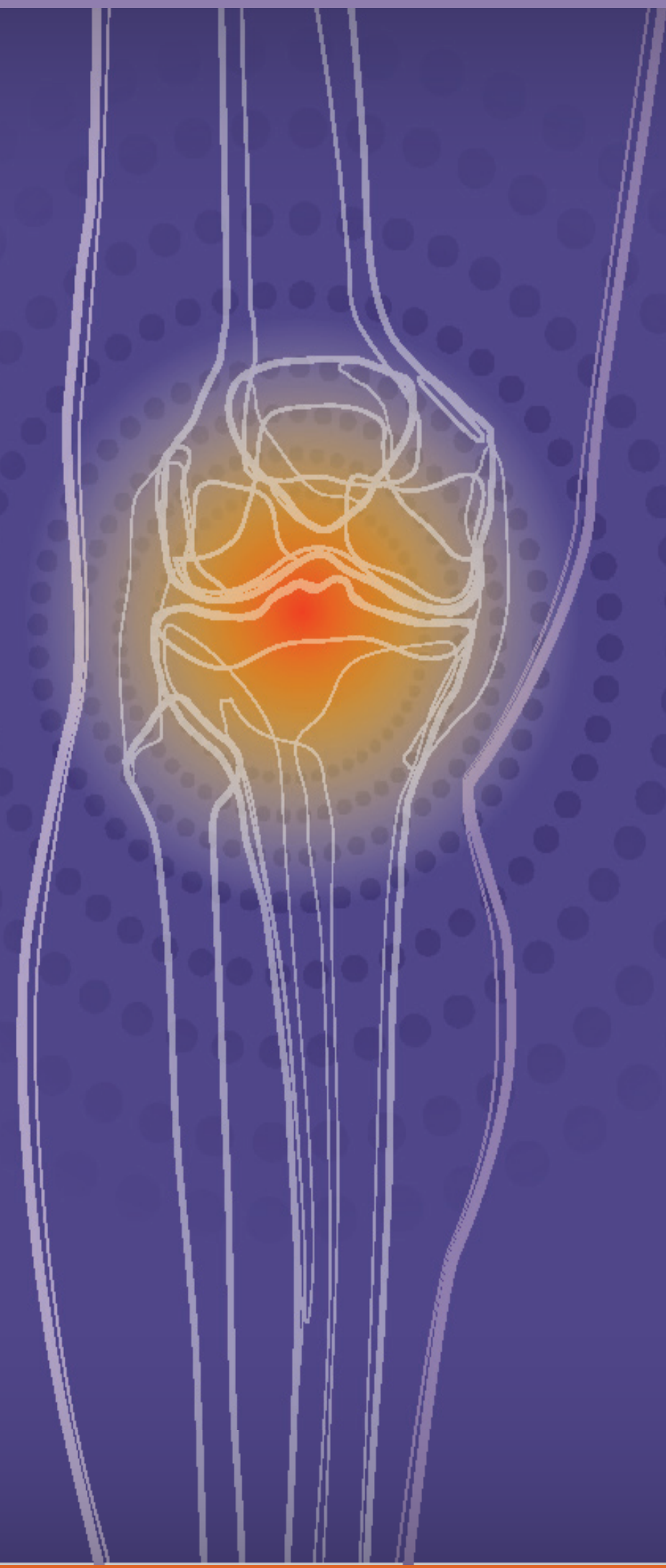


# Ways to Help Knee Pain

## A knee condition may cause:

- Swelling or stiffness, redness and warmth to touch
- Weakness or instability
- Popping or crunching noises
- Inability to fully straighten the knee



## Symptoms can be caused by injury, such as fractures, torn meniscus, tendinitis or ruptures

- Injuries can be caused by trauma, such as falling or twisting
- Medical conditions such as arthritis, gout and infections can also cause knee pain

## 1 First Stages of Treatment

Rest | Activity modification | Anti-inflammatory medication | Physical therapy

## 2 If symptoms don't improve, an injection in the joint may help decrease inflammation.

### Corticosteroid injection

- Reduces inflammatory cell activity
- Provides relief for 2 to 3 months

### Platelet-rich plasma (PRP) injection

Also known as orthobiologics, substances naturally found in your body are injected to help promote healing

### Hyaluronic acid injection

- Provides cushioning
- Provides relief for 4 to 6 months

## 3 Surgical options for joint preservation can be pursued.

### Cartilage restoration

Restores articular cartilage

### Meniscus transplantation

Replaces damaged or torn meniscus

### Osteotomy techniques

A cut to the bone is made to shift the weight to the undamaged portion of the knee

## Factors to consider before surgery:

Age | Activity level | Defect size | Type of injury or associated injuries