



THE PATIENT
GUIDE TO **KNEE**
ARTHRITIS PAIN

*How To Eliminate Knee Arthritis Pain
Without Joint Replacement Surgery*



A Patient's Guide To Knee Arthritis Pain

A Patient's Guide To Knee Arthritis Pain
COPYRIGHT © 2017 Bodyworks Musculoskeletal Medicine

Information in this document is the property of Bodyworks Musculoskeletal Medicine. No part of this document can be stored in a retrieval system, reproduced or transmitted in any form or by any means (electronic, photographic or mechanical), recorded, translated, or used to produce derivative works, without written permission from Bodyworks Musculoskeletal Medicine.

All rights reserved.
First Edition Published and COPYRIGHT © 2017

Published by:
Bodyworks Musculoskeletal Medicine
3010 Eastpoint Parkway
Louisville, KY 40223

Disclaimer

This information, and any accompanying printed, audio, or video materials you download or receive from us by some other delivery system, is not intended to replace the attention or advice of a physician or other healthcare professional.

Anyone who wishes to embark on any dietary, drug, exercise, or other lifestyle change intended to prevent or treat a specific disease or condition should first consult with and seek clearance from a qualified health care professional.

The information published in this guide is only as current as the day the guide was sent to the printer. This protocol raises many issues that are subject to change as new data emerge. None of our suggested treatment regimens can guarantee a cure for these diseases.

A Patient's Guide To Knee Arthritis Pain

Thank you for requesting this free report. We know just how difficult managing your pain can be. By requesting this report, you have taken the first step toward finding lasting pain relief. We hope you find this information to be both informative and helpful.

If you are reading this report, then you are one of the 100 million Americans suffering from chronic and severe knee pain caused by osteoarthritis. This condition can cause chronic pain that grossly interferes with your daily activities and your quality of life.

Whether your pain has kept you from work, playing with your children or grandchildren, or simply being able to enjoy your normal activities, by requesting this free report, you have taken the first step toward finding lasting relief from your pain.

Osteoarthritis accounts for nearly 25% of all visits to primary care providers and half of all anti-inflammatory drug prescriptions written in the United States today. Yet, despite all this focus on osteoarthritis, there are still only limited options for care, none of which have shown much promise.

That is until now.

In this report, we will discuss the typical non-surgical and surgical options for treating osteoarthritis along with three leading edge, non-surgical alternatives that have helped hundreds of thousands of individuals worldwide find lasting relief from their osteoarthritis knee pain.



Mark R. Conliffe, DO
Medical Director
Bodyworks Musculoskeletal Medicine

Non-Surgical Treatment of Osteoarthritis

Oral Medications

Non-steroidal anti-inflammatory drugs (NSAIDs) are available by prescription and over-the-counter. These medications have been an important treatment for the symptoms of osteoarthritis.

NSAIDs work to block certain inflammation and pain producing enzymes in the body. Some of the well-recognized side effects of traditional NSAIDs such as ibuprofen (Motrin) and Naprosyn (Aleve) include stomach ulcers, kidney problems, and poor blood clotting. Celebrex is a newer type of NSAID that has fewer reported side effects.



Steroid Injections

A common treatment for osteoarthritis of the knee is an injection of cortisone. Cortisone is a powerful steroid used to reduce the irritation and inflammation caused by the wear and tear of osteoarthritis.

Clinical evidence suggests that the benefit of cortisone injections is short lived, usually lasting only one to four weeks. Some of the reported side effects of cortisone injections include the potential for nerve damage and osteoporosis. Because of the negative side effects associated with cortisone, most physicians use it sparingly and avoid multiple injections unless the joint is already in the end stages of degeneration, where the next step is an artificial knee replacement.



A Patient's Guide To Knee Arthritis Pain

Physical Therapy

Of the various treatment options for knee pain, one of the most common is physical therapy. Doctors prefer to prescribe physical therapy for their patients suffering with knee pain because it is non-invasive and does not require the use of drugs or surgery.

More than just common exercise, physical therapy consists of specialized exercises administered and monitored by trained professionals. Physical therapy for knee pain focuses on returning normal strength and function to the knee by rehabilitating the tissues surrounding the joint (muscles, ligaments, tendons). One of the reasons why physical therapy has not been widely effective in the treatment of knee pain by itself, **and why it may** not have worked for you, is because it treats only one aspect of your condition – muscles, ligament, tendons – and not the actual physical structure of the joint itself.



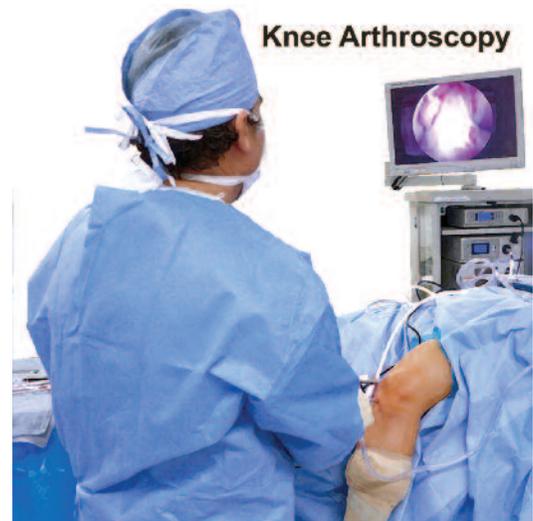
Surgical Treatment of Osteoarthritis

Knee surgery may be recommended if your pain is very severe or you have mobility problems. Over a million knee surgeries are performed each year for osteoarthritis. Surgery can be very good for easing pain when other treatments haven't given enough relief. Options for surgery include arthroscopic surgery and joint replacement surgery.

Arthroscopic Surgery

Surgeons can use an arthroscope to visualize the changes in the condition of the articular cartilage of the knee. They can also clean the joint by removing loose fragments of cartilage. People have reported relief when doctors simply flush the joint with saline solution.

A burring tool may be used to roughen spots on the cartilage that are badly worn. This promotes growth of new cartilage called fibrocartilage, which is like scar tissue. This procedure is often helpful for temporary relief of symptoms for up to two years.



Total Joint Replacement

Over the last 25 years, major advancements in artificial knee replacement have improved the outcome of the surgery greatly. Artificial knee replacement surgery is becoming increasingly common. According to numbers supplied by the National Hospital Discharge Survey, over a million total joint replacement surgeries were performed in 2015, which represents an increase of 238,000 since 2009.



A Patient's Guide To Knee Arthritis Pain

The main reason for replacing any arthritic joint with an artificial joint is to stop the bones from rubbing against each other. This rubbing causes pain. Replacing the painful and arthritic joint with an artificial joint gives the joint a new surface, which moves smoothly and without causing pain. The goal is to help people return to many of their activities with less pain and with greater freedom of movement.

Although great advances have been made in extending how long an artificial joint will last, most will eventually loosen and require a revision. Hopefully, you can expect 12 to 15 years of service from an artificial knee.

As with all major surgical procedures, complications can occur. Some of the most common complications following any knee surgery include complications from anesthesia, blood clots, infection, stiffness, and loosening of the prosthesis.

Restorative and Regenerative Options

Viscosupplementation

Viscosupplementation therapy is a procedure involving the injection of an FDA approved gel-like substance (hyaluronate) into the knee joint to supplement the lubrication properties of the joint. Hyaluronate is a naturally occurring substance found in the synovial fluid of our joints that is extracted from rooster combs. This procedure has been shown to be 86% successful in alleviating pain associated with osteoarthritis.

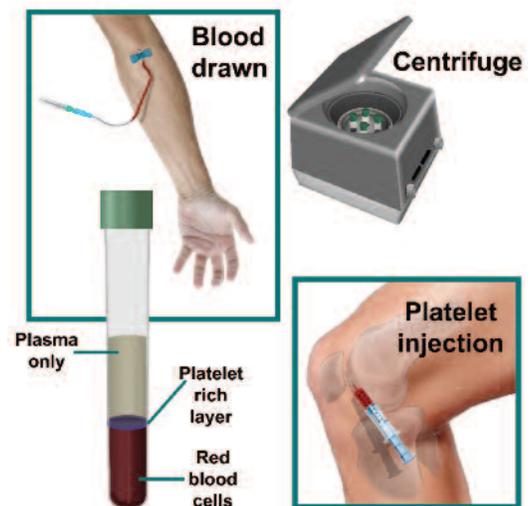


For accurate placement of the hyaluronate and ensure the best possible outcome for each injection, the procedure is administered using fluoroscopy imaging. Fluoroscopy allows the physician to visual the exact point of where the injected material is administered.

When combined with specialized physical therapy, viscosupplementation provides safe, painless, and proven effective treatment for resolving chronic joint pain.

PRP

Platelet-rich plasma (PRP) (also known as blood injection therapy) is a medical treatment being used for a wide range of musculoskeletal problems, including osteoarthritis of the knee. Platelet-rich plasma refers to a sample of blood plasma that has as much as four times more than the normal amount of platelets and could be as high as 50 times more, depending on the sophistication of the extraction procedure. This treatment enhances the body's natural ability to heal itself and is used to improve healing and shorten recovery time from acute and chronic



A Patient's Guide To Knee Arthritis Pain

conditions.

The main purpose of PRP injection is to foster healing where it has not otherwise occurred or enhance tissue regeneration and healing. For example, studies show that after using PRP for treatment of cartilage damage in the knee, new cartilage cells begin to form.

Growth factors that help build new blood supply to the area are also increased in number. This healing response may help restore strength faster than normal but more research is needed to prove this.

When combined with viscosupplementation, PRP will aid in the improvement of joint lubrication, reduce inflammation, decrease pain, and slow the progression of osteoarthritis.

Stem Cell Therapy

Over the past few years, studies from some of the world's leading research institutions have shown the effectiveness of using stem cell injections for the treatment of knee osteoarthritis. In the laboratory and in clinical observation, doctors are showing it is possible through regenerative medicine to repair even severely damaged knees and avoid joint replacement surgery.

The majority of complications in osteoarthritis patients are related to the deterioration of cartilage that cushions the ends of bones in your joints.

Cartilage is a firm, slippery tissue that permits nearly frictionless joint motion. In osteoarthritis, this surface becomes rough. Eventually, if the cartilage wears down completely, patients will be left with bone rubbing on bone.

Stem cell treatment is designed to target these areas within the joints to help with the creation of new cartilage cells. Stem cells, harvested from the bone marrow of your pelvic bone, have the ability to rapidly produce new cells. The goal of each stem cell treatment is to



A Patient's Guide To Knee Arthritis Pain

inject the stem cells into the joint to accelerate healing and the potential regeneration of new cartilage.

Which Procedure Would Work Best For You?

If you've tried everything to get rid of your knee pain and have been told your only other option is joint replacement surgery, here's news:

Bodyworks Musculoskeletal Medicine has developed a knee arthritis treatment program specifically designed for people looking for a way to stay active, eliminate their pain and stiffness, and avoid joint replacement surgery.

The program involves a combination of restorative and regenerative non-surgical medical procedures that have literally changed the lives of hundreds of osteoarthritis knee pain sufferers... even those told they need joint replacement surgery.

And the best part: Medicare and most health insurance plans will pay for some if not all of these services.

No Risk. No Obligation Consultation

To help you get a clear picture of what your life could be without knee pain, we invite you to schedule a no risk, no obligation consultation.

In less than an hour, you'll receive a thorough assessment of your problem and provided with answers to all your questions.

To reserve your personal no risk, no obligation consultation, simply call our office at 502.771.1012.