

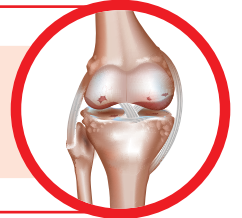
Understanding **JOINT PAIN** and **KNEE OSTEOARTHRITIS**



• What is joint pain? •

Joint pain can affect one or multiple joints in the body, but knee is one of the most commonly affected joints.

Knee osteoarthritis is a joint disease that occurs when the protective cartilage that cushions the ends of the bones in the knee joint gradually wears down over time.



• Symptoms of knee osteoarthritis •



Pain



Stiffness



Swelling



Reduced range of motion



Weakness in the knee



Clicking sound

How will a Pain Physician help you in the treatment of joint pain?

A **Pain Physician** will offer a personalized solution for joint pain through tailored treatment plans involving medication and Minimally Invasive Pain & Spine Interventions (MIPSI).

Pain medications/analgesics and exercises

- Reduces pain by reducing inflammation
- Guiding patients with the right exercises

Minimally Invasive Pain & Spine Interventions (MIPSI)

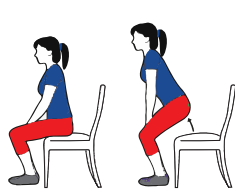
- Orthobiologics: Platelet rich plasma (PRP), BMAC, visco-supplementation
- Radiofrequency ablation (cooled/conventional) of genicular nerves: Injections that help modulating the nerve responsible for pain

Exercises to relieve pain associated with knee osteoarthritis



Step-ups

1



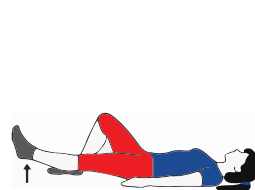
Sit-to-Stand

2



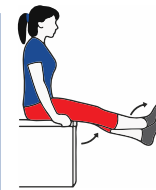
Straight-leg raise (Sitting)

3



Straight-leg raise (Lying)

4



Leg cross

5



Issued in Public Interest by



Program sponsored by
Mylan Pharmaceuticals Pvt. Ltd.
A Viatris Company

