



Celebrating
40 Glorious Years
of Dedicated
Effort For Pain
Free India

40 YEARS
OF ISSP
ESTD. 1984



UNDERSTANDING JOINT PAIN AND KNEE OSTEOARTHRITIS



What is Joint Pain?

Joint pain refers to discomfort, aches, or soreness in any of the body's joints, which are the places where bones meet.

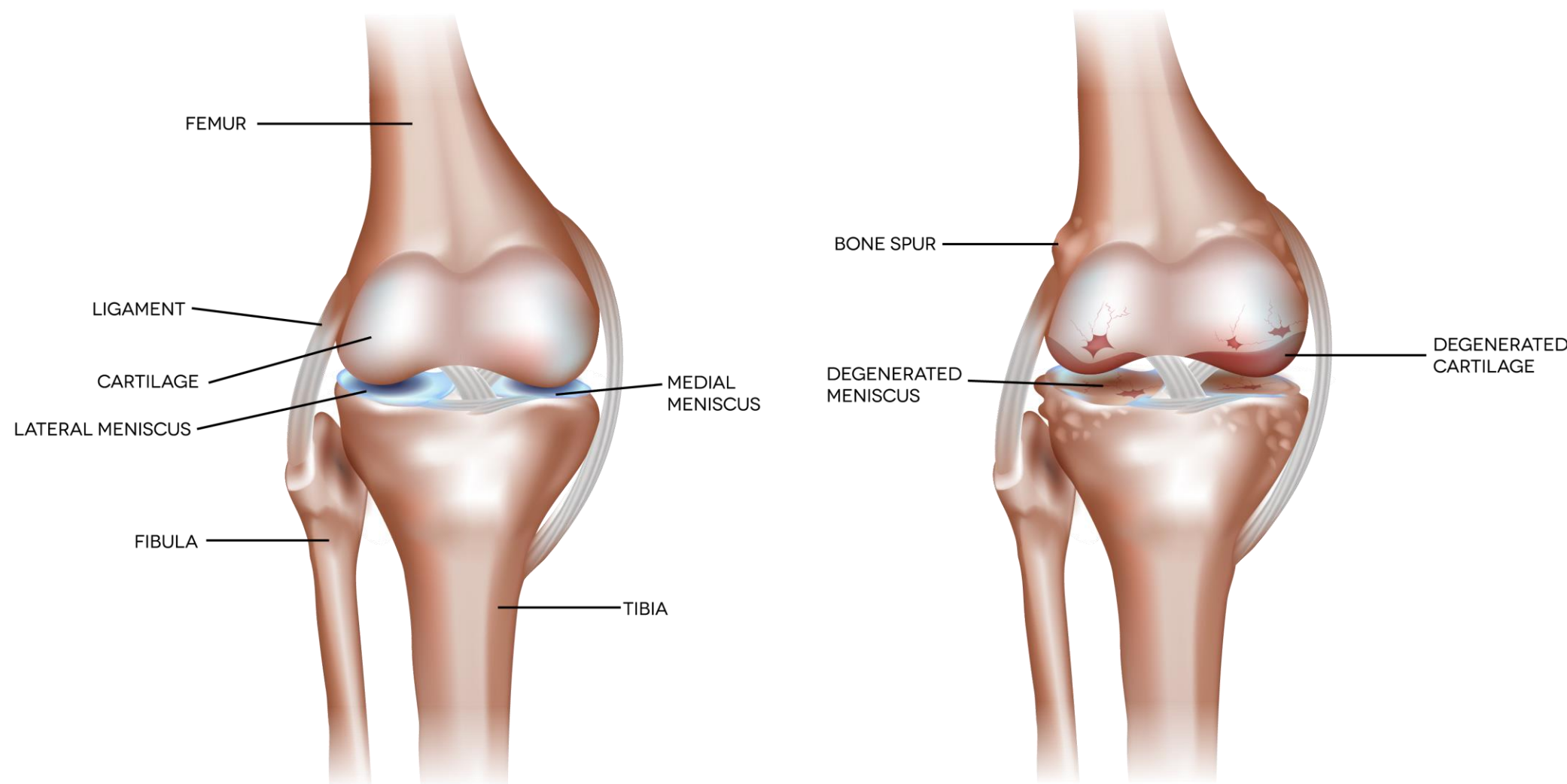


It can affect one or multiple joints in the body, but the **knee is one of the most commonly affected joints.**



What is Knee Osteoarthritis (OA)?

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



NORMAL KNEE JOINT

OSTEOARTHRITIS



Knee OA affects
about
8 out of 10
people globally

Symptoms and Risk Factors of Knee Osteoarthritis

Common symptoms of knee osteoarthritis include



Pain



Stiffness



Swelling



Reduced range
of motion



Weakness in
the knee



Clicking sound

Important risk factors of knee osteoarthritis are



Obesity
7X ↑risk



Joint injuries
4-6X ↑risk



**Occupation
s involving
heavy
lifting**
2X ↑risk



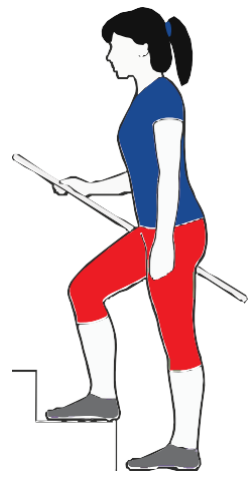
Gender
Women are
at higher
risk than men



Age
>60 years

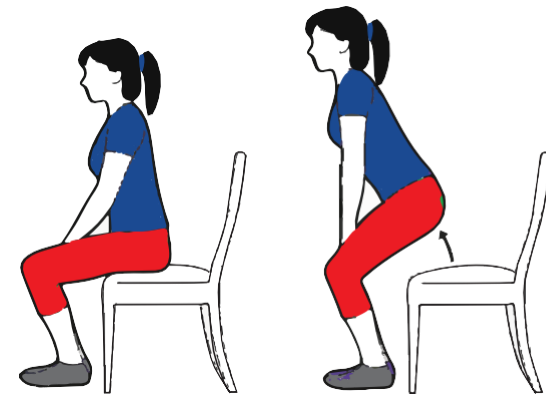
Exercises for Management of Knee Osteoarthritis

Regular exercise is crucial for strengthening the muscles around the knee, improving flexibility, and reducing pain



**Step-
ups**

1

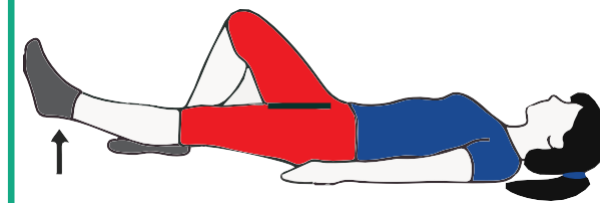


**Sit-to-
Stand**

3

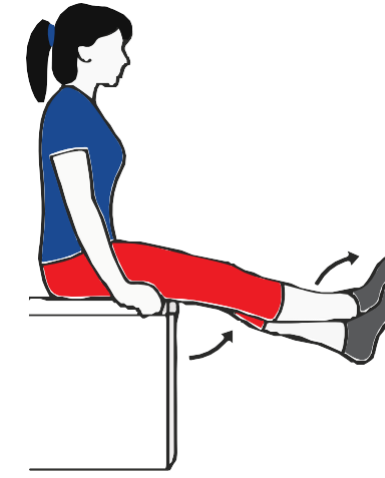


**Straight-leg raise
(Sitting)**



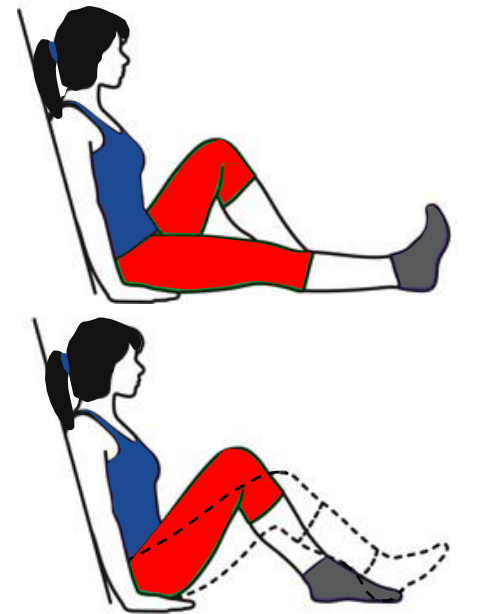
**Straight-leg raise
(Lying)**

4



Leg cross

5



Leg stretch

6

Tailored Solution for Joint Pain: How Pain Physicians will help you Treat Joint Pain Effectively!

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



Pain medications and exercises

- Pain medications: 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





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Thank
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