

Knee Pain (Arthritis - Part II) See This Before You Decide To Have Knee Replacement Surgery

The Knee Joint Pain

This is a Vulnerable Complex Joint that Bears a Great Deal of Stress from Daily Activities Such as Walking, Lifting, Bending, Kneeling, Jogging, Exercise and Sports Activities. Knee Structures (Anatomy): Femur: thigh bone (upper part), Tibia: shin bone (lower part), Patella: knee cap., and Muscles, ligaments and Tendons: which hold the knee parts together. Each bone is covered at each end by cartilage, which acts as a cushion or shock absorbent to protect and facilitate knee functions. Some of Knee Pain/Injuries/Problems: May result from wear and tear from daily activities, sports, and illnesses (Arthritis).

Arthritis of The Knee

Osteoarthritis (OA)/Degenerative arthritis)

It is the Most Common form of arthritis that affects the knee due to excessive stress on the knee joint Leading to Wear and Tear of knee Cartilage from overuse, injuries, or being overweight, AGE: it affects middle or older age (over 35-40).

Diagnosis of OA: X-rays shows wear and tear in the joints.

Rheumatoid arthritis (RA)

Systemic Autoimmune disease - affect the Knee, Causing inflammation and can destroy the knee cartilage (joint mice- on X-rays), AGE: earlier age than osteoarthritis (Teen age RA). Usually RA affect other parts of the body including internal organs (systemic disease) not like OA (Osteoarthritis - does not affect internal organs).

Diagnosis of RA: Include but not limited to blood test to find RA factor, x-rays, systemic characteristics.

Diagnosis of Arthritis

Evaluate each case on an individual basis and treat it from all aspects and perform/order tests as needed.

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Natural Treatment (No Drugs and No Surgery)

In our clinic we perform Specific tailored treatment plans for knee problems depend on patient individual needs (age, severity, doctors findings), Treatment Plan: may include and not limited to: chiropractic treatment, cold laser therapy, rehab, physical therapy, nutrition, Detoxification, lifestyle modification etc. We Co- Manage Cases With Other Health Care Specialist/Providers.

Important Note

If you have been diagnosed with Sever Osteoarthritis (OA) any you been told that you need (Knee Replacement) please consult with us first, not last Find out if (It Can be Fixed without Surgery). The earlier you have proper individualized treatment and a rehabilitation Plan, the higher the Success rate and performance. If you are not a candidate for our treatment procedures we will be glad to refer you to specialist to get help. Our main goal is to help you get well.