

# OSTEOARTHRITIS: WHY IT'S A PAIN IN THE KNEE & WHAT YOU CAN DO ABOUT IT

## WHAT EVERY PATIENT SHOULD KNOW BEFORE CONSIDERING SURGERY OR TREATMENT FOR THEIR OSTEOARTHRITIS KNEE PAIN.



### INSIDE YOU WILL DISCOVER:

- ❑ Why knee and joint pain accounts for over half of all anti-inflammatory drug use in the United States.
- ❑ How this rooster's crest holds the secret to a minimally invasive treatment for knee pain that may be more effective than surgery.
- ❑ How an FDA cleared treatment may provide immediate relief of symptoms.
- ❑ What you can do to find relief.
- ❑ Why most major insurance providers and even Medicare cover this revolutionary procedure.

Provided Courtesy of:



821 Oakley Seaver Drive • Clermont, FL 34711 – 407-614-5900 (formerly Orlando Spine & Joint)  
600 Lakeview Rd., Suite B/C • Clearwater, FL 33756 – 727-232-9599  
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*BY REQUESTING THIS REPORT YOU HAVE TAKEN THE FIRST STEP TOWARD FINDING LASTING PAIN RELIEF.*



*Thank you so much for requesting this free report.*

*We know just how difficult managing your pain can be and we hope you find this information to be both helpful and informative.*



*YOU ARE NOT ALONE...*

If you are reading this report then you are one of the over 100 million Americans that are currently 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 playing with your children, from working, or simply from being able to enjoy normal activities, by requesting this free report you have taken the first step toward finding lasting relief from that 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 with all this focus on Osteoarthritis there are still only limited options for care, none of which have shown much promise, that is until now.

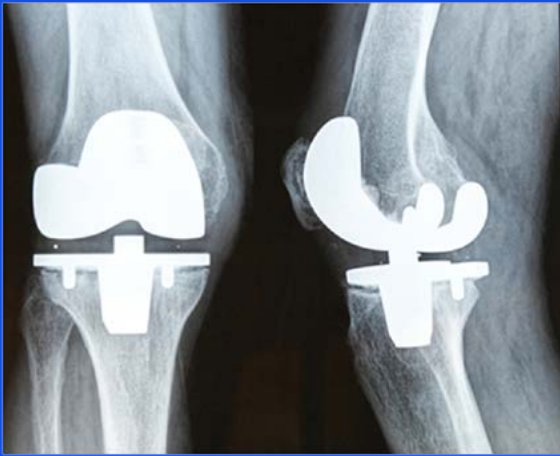
The remainder of this report will clearly lay out all of your options, including a new, non-surgical, minimally invasive, alternative that has helped hundreds of thousands of individuals worldwide find lasting relief from their Osteoarthritis knee pain.



*KNEE SURGERY, ONCE CONSIDERED A LAST RESORT, IS NOW CONDUCTED ON OVER 700,000 INDIVIDUALS IN THE U.S. EACH YEAR.*



## WHAT KNEE SURGERY LOOKS LIKE



XRay After KNEE REPLACEMENT Surgery



Minimally Invasive  
ARTHROSCOPIC KNEE Surgery

## KNEE SURGERY OPTIONS

**Knee surgery is a fairly prevalent medical procedure. Based on the most recent numbers reported by the National Hospital Discharge Survey, 719,000 total knee replacement surgeries were performed in the United States in 2010 alone, up by 43,000 over 2009 figures.**

Of these surgeries, there are two common types, open knee surgery, also known as a knee replacement and arthroscopic knee surgery.

**Open Knee Surgery** - This procedure involves cutting into the skin and tissue surrounding the knee and removing bone fragments, scar tissue, cartilage and ligaments, and sometimes the entire knee itself. Many times artificial hardware is used to replace any parts that have been removed. General anesthesia is typically required and recovery from surgery can take many months.

**Arthroscopic Knee Surgery** - Less invasive than open knee surgery, this procedure involves inserting a camera into the body and then using specialized tools to remove cartilage, scar tissue, and/or bone spurs from the knee. This procedure is usually performed as an outpatient with a recover time of 6-8 weeks.

*PHYSICAL THERAPY FOCUSES ON STRENGTHENING OF THE MUSCLES, LIGAMENTS, AND TENDONS SURROUNDING THE KNEE JOINT AND THEREFORE RESTORING PROPER FUNCTION.*



*Remember This...*



**Regardless of the medical treatment you select for your Osteoarthritis knee pain it is likely to focus on the joint, cartilage, and other physical structures of the knee.**

**Although this may reduce or perhaps eliminate pain, it is also important to focus on returning the joint to normal strength to avoid re-injury.**

## *PHYSICAL THERAPY IS KEY*

Of the various treatment options available for knee pain one of the most common is physical therapy. One of the reasons many doctors prefer to prescribe physical therapy for those suffering from knee pain over other treatment options is due to the fact that physical therapy is non-invasive and does not require the use of drugs or surgery.

More than just common exercise, physical therapy consists of specialized exercises that are administered and monitored by trained professionals such as licensed physical therapists and physical therapy assistants.

Physical therapy for knee pain focuses on the muscles, ligaments, and returning strength and normal function. One of the reasons 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, the muscles and ligaments that support the knee, and not the actual physical structures of the joint itself.

At our clinic, we offer a unique approach in rehabilitation of Osteoarthritic knees by using the combination of state of the art rehabilitation equipment, cutting edge unloading knee braces, and highly trained physical therapists specializing in total knee rehabilitation. We found that the combined approach of all three of these treatments along with natural joint viscosupplementation therapy are the main reasons for our success.

# DISCOSUPPLEMENTATION THERAPY



*A TRUE BREAKTHROUGH...*



*At Physicians Rehabilitation we are proud to provide a comprehensive alternative medical facility to the area that offers the latest therapies and technology to fight joint pain more effectively than ever before and all without the use of drugs or surgery.*

*Viscosupplementation Therapy is only one of many safe, painless and proven effective treatments for resolving chronic joint pain available at Physicians Rehabilitation.*

At **Physicians Rehabilitation** clinics, our team of trained specialists are among the most qualified in their fields. When combined with state of the art medical devices, each clinic offers a quality of care that is second to none.

Viscosupplementation therapy is a procedure involving the injection of gel-like substances (hyaluronates) into a joint to supplement the viscous properties of synovial fluid. This procedure has been shown to be 86% successful in alleviating pain associated with osteoarthritis and is covered by most major medical insurance providers and Medicare.

When you come in for a non-surgical knee treatment at any of the **Physicians Rehabilitation** clinics, we utilize an injectable for our viscosupplementation therapy program that consists of a mixture of sodium hyaluronate that is found naturally and extracted from rooster combs.



Each clinic utilizes a breakthrough piece of medical equipment called a Fluoroscope. This is a very important point because fluoroscopy allows the medical staff to look inside your joints, in real time, with the latest in imaging technology while administering any of our minimally invasive injection procedures. This instrument helps to insure that the injected material is introduced to the exact point intended and therefore provides the best possible outcome from each injection. That's why if you have tried any type of pain reduction injection elsewhere without success we may still be able to assist you as your original injection may have never wound up in just the right place.



*WE'RE HERE TO PROVIDE RELIEF AND BRING PEACE  
OF MIND BACK TO YOUR LIFE...*



**If you suffer from chronic & severe joint pain and have been unable to find relief, then look no further!**

**Come see us and find out if you qualify for one of our breakthrough non-surgical treatment programs.**

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