



## What is knee pain?

Whether from an injury, disease or basic wear and tear, knee pain is an extremely common complaint. Knee pain may include the dull ache you experience after sitting for a long period of time or a sharp shooting pain that occurs after a poor landing. No matter the pain you experience, if your knee pain is ongoing or making it difficult for you to manage your day-to-day activities, then you should contact the pain specialists at Advanced Pain Modalities for an evaluation.

## What are common causes of knee pain?

Your knee is made up of many parts, including bones, muscles, ligaments, tendons, and cartilage. The pain you experience may be due to disease or damage to one or more of those parts.

The most common causes of knee pain include:

- Arthritis
- Anterior cruciate ligament (ACL) tear
- Tendonitis
- Bursitis
- Fracture
- Dislocation
- Torn meniscus

You may also experience knee pain from conditions that affect your feet or hips. These other joints share in bearing the weight of your body, and if they're injured or diseased, your knee may need to support a heavier load, adding stress that may result in pain.

## How is the cause of knee pain diagnosed?

Finding the underlying cause of your knee pain helps direct treatment. The experienced team at Advanced Pain Modalities conducts comprehensive examinations to find the source of your joint pain so they can develop the most effective and beneficial treatment plan.

During your evaluation, the pain management specialists review your symptoms and medical history. They also perform a physical exam that may include an assessment of the strength and function of your knee. To confirm or rule out a suspected diagnosis, the team may request diagnostic imaging, such as an X-ray or MRI.

## What are the treatments for knee pain?

The team at Advanced Pain Modalities develops individualized treatment plans for the management of your knee pain. Your specific treatment plan depends on the cause of your joint pain, the severity of your symptoms, and your overall health.

Treatment options may include:

3195 W. Ray Road, Suite 1, Chandler, AZ 85226

Phone: (480) 756-6789



- Rest, ice, compression, and elevation
- Over-the-counter pain medication or anti-inflammatories
- Physical therapy
- Joint injections Including Steroid and Gel injections
- Platelet-rich plasma (PRP) therapy

If your knee pain continues after conservative treatments, the team may suggest a peripheral nerve block, which is an interventional pain management treatment that blocks pain transmissions to your brain and may provide pain relief for an extended period of time.

Knee pain is common and can develop from a range of causes. For expert care of your knee pain, contact Advanced Pain Modalities by phone or online today.