

Healthy Knees

A GUIDE TO KNEE HEALTH

BROUGHT TO YOU BY

VERO ORTHOPAEDICS

THE STRENGTH OF EXPERIENCE



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About the Healthy Knees Guide

Dealing with Constant Knee Pain? This Ebook Can Help!

Did you know? Knee pain is a widespread issue, affecting millions, significantly impacting quality of life and mobility. According to a study published in the National Health and Nutrition Examination Survey (NHANES), the age and BMI-adjusted prevalence of knee pain among individuals aged 60 years or older increased from 19.7% to 26.8% among men, and from 27.0% to 33.5% among women between 1971 and 1994. This increasing trend underscores the importance of understanding and addressing knee pain.

About Knee Treatment at Vero Orthopaedics

At Vero Orthopaedics, we understand how debilitating knee pain can be. It can limit mobility, prevent you from enjoying your favorite activities, and impact your overall quality of life. Whether you're an athlete striving to maintain peak performance or navigating aging challenges, the "Healthy Knees" ebook guide can help you reclaim your knee's mobility so you can move easily again.

This guide provides valuable information about common knee conditions, self-care strategies, and comprehensive treatment options. Written by our team of orthopaedic knee specialists, we are committed to personalized care for knee pain sufferers. We utilize the latest advancements in orthopaedic medicine to help you achieve lasting relief and get back to doing what you love. Visit VeroOrtho.com/Knee for more information.



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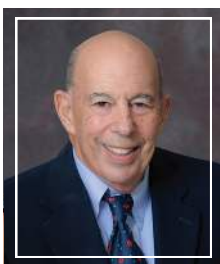
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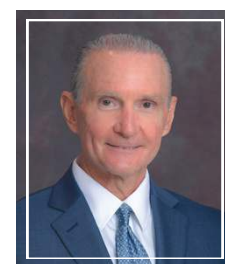
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Chapter 1: Understanding Knee Pain: A Comprehensive Overview

Your knee is a complex joint; pain can stem from various sources. Some of the most common causes include:

Osteoarthritis

Osteoarthritis is a degenerative condition that causes the breakdown of cartilage, the cushioning tissue within the joint. It leads to pain, stiffness, and inflammation. Osteoarthritis is a leading cause of chronic knee pain, especially in older adults.

Ligament Injuries

Sudden twisting or impact can damage the ligaments that stabilize the knee, such as the ACL, MCL, or PCL, causing pain, instability, and swelling. These injuries are often accompanied by a popping sound at the time of injury.

Tendonitis

Overuse or repetitive strain can irritate the tendons around the knee, like the patellar tendon, resulting in pain and tenderness. This condition is common among athletes and individuals who engage in repetitive knee-intensive activities.

Runner's Knee

This common overuse injury affects the cartilage under the kneecap, causing pain around the front of the knee, especially during activities like running, squatting, or climbing stairs. It's particularly prevalent among runners and other athletes.

Meniscus Tears

The menisci are C-shaped pieces of cartilage that act as shock absorbers in the knee. Tears can occur due to twisting or forceful movements, often resulting in pain, swelling, and difficulty moving the knee.

What's Causing Your Knee Pain?

Understanding these common causes of knee pain can help when you talk to a doctor, especially if you have questions. If you experience persistent knee pain, it's essential to consult with a knee specialist for an accurate diagnosis and tailored treatment plan.



Chapter 2: Self-Care Strategies for Knee Pain

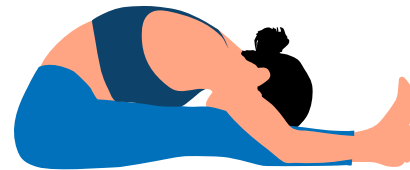
While persistent or severe knee pain requires professional evaluation, there are several steps you can take at home to manage mild discomfort and support your knee health:

Exercises to Help with Knee Pain

Straight Leg Raises: Lie on your back with one leg straight and the other bent. Tighten the thigh muscles of the straight leg and lift it about 12 inches off the ground. Hold for a few seconds and slowly lower. Repeat 10–15 times.



Hamstring Stretches: Sit on the floor with your legs extended. Reach towards your toes, keeping your knees straight. Hold for 30 seconds and repeat several times.



Quadriceps Stretches: Stand holding onto a chair for balance. Bend one knee and bring your heel towards your buttock. Hold for 30 seconds and repeat on the other side.



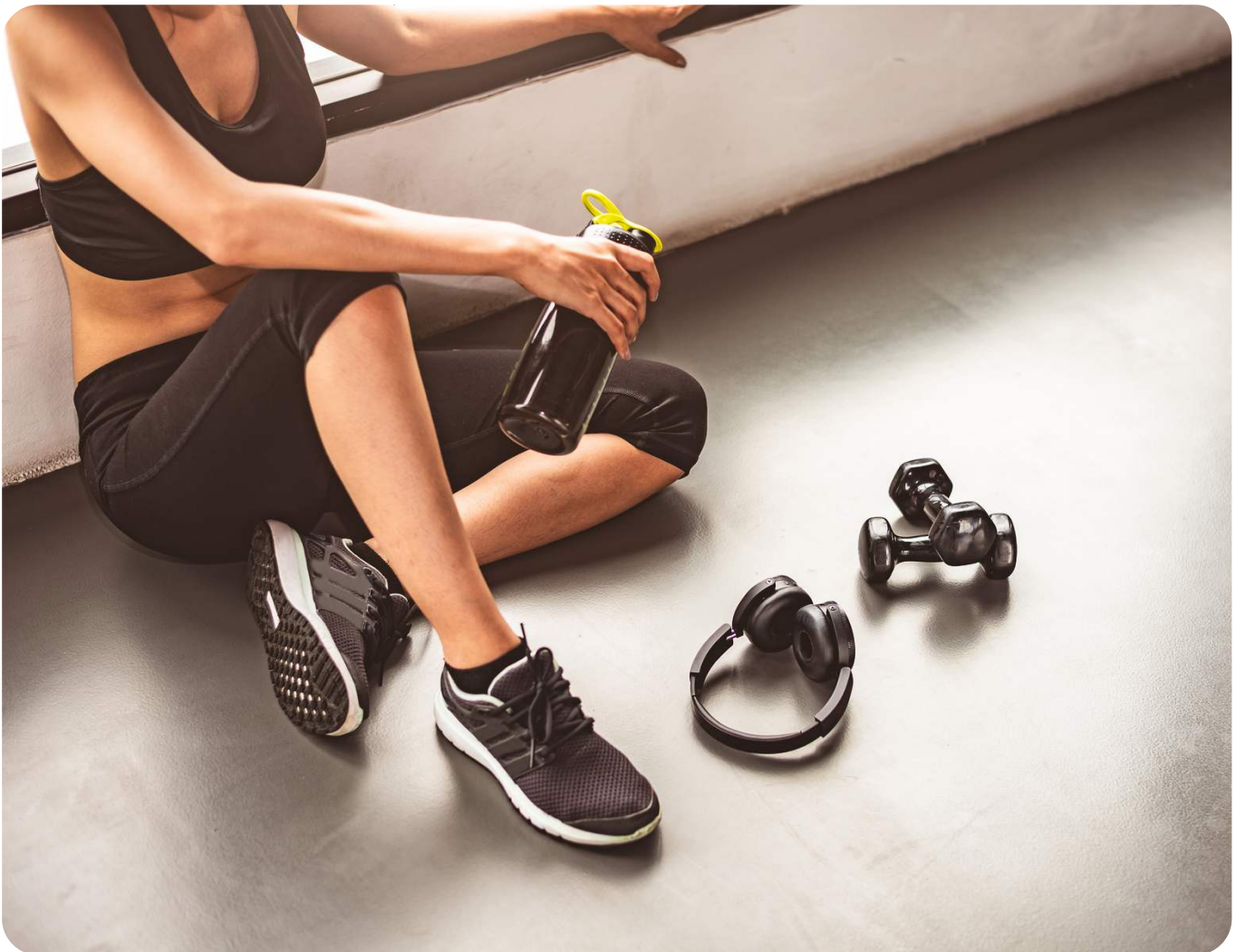
Calf Stretches: Stand facing a wall with your hands on the wall. Step one foot back, keeping your heel on the ground. Lean into the stretch until you feel it in your calf. Hold for 30 seconds and repeat on the other side.



Chapter 2: Self-Care Strategies for Knee Pain

Lifestyle Modifications

- **Weight Management:** Maintaining a healthy weight reduces stress on your knees.
- **Proper Footwear:** Wear supportive shoes that fit well and provide adequate cushioning.
- **Activity Modification:** Avoid activities that aggravate your pain. Consider low-impact alternatives like swimming or cycling.
- **Hot and Cold Therapy:** Apply ice packs for 20 minutes to reduce inflammation. Use heat packs to relax muscles and increase blood flow.



Chapter 3: Knee Treatment at Vero Orthopaedics

At Vero Orthopaedics, we offer a comprehensive range of treatment options tailored to your specific needs and condition:

Physical Therapy

Our experienced physical therapists create personalized programs to strengthen muscles, improve flexibility, and restore function.

- Targeted exercises to improve range of motion
- Strength training for supporting muscles
- Balance and proprioception training
- Gait analysis and correction
- Manual therapy techniques



Injections

Corticosteroid injections can reduce inflammation and provide temporary pain relief. Viscosupplementation injections can lubricate the joint and improve mobility in patients with osteoarthritis.

- Nonsteroidal anti-inflammatory drugs (NSAIDs) reduce pain and inflammation.
- Pain relievers for symptom management
- Disease-modifying antirheumatic drugs (DMARDs) for conditions like rheumatoid arthritis

Minimally Invasive Procedures

We specialize in advanced techniques, such as arthroscopy, which allows us to diagnose and treat knee problems with minimal incisions, reducing pain and recovery time.

Arthroscopic Surgery

This procedure allows us to diagnose and treat knee problems using minimally invasive procedures. Standard arthroscopic procedures include:

- Meniscus repair or trimming
- Ligament reconstruction (e.g., ACL repair)
- Removal of loose bodies
- Treatment of cartilage defects

Chapter 3: Knee Treatment at Vero Orthopaedics

Partial Knee Replacement

For patients with localized arthritis, we can replace only the damaged portion of the knee, preserving healthy tissue and allowing for a quicker recovery.

Advanced Surgical Interventions

When conservative treatments and minimally invasive options are insufficient, we offer more comprehensive surgical solutions:

Total Knee Replacement

This procedure involves replacing the entire knee joint with an artificial implant. It provides long-term pain relief and improved function for patients with severe arthritis.

Osteotomy

For younger patients with arthritis affecting only one side of the knee, we can realign the joint to shift weight away from the damaged area, potentially delaying the need for knee replacement.

At Vero Orthopaedics, we are committed to providing personalized care and utilizing the latest advancements in knee treatment. Our team will work closely with you to determine the most appropriate treatment plan based on your needs, lifestyle, and goals.



Chapter 4: When to Seek Help

While self-care strategies can be helpful, seeking professional evaluation is essential if you experience specific symptoms.

Knee pain is a common issue **affecting approximately 25% of adults**, and its prevalence has increased by almost 65% over the past 20 years. This significant increase underscores the importance of knowing when to seek medical attention.

Signs That Require Professional Evaluation

Severe Pain or Swelling

If you experience intense pain or significant swelling that doesn't improve with rest and home remedies, it's time to consult a healthcare provider. Severe symptoms could indicate a serious underlying condition.

Instability or Locking of the Knee

Feeling like your knee might give way or experiencing the knee locking in place can be signs of ligament damage or a meniscus tear. These symptoms require prompt medical attention.

Difficulty Bearing Weight

If you can't put weight on your affected leg or if walking becomes increasingly complex, seek medical help. This could indicate a fracture or severe ligament injury.

Symptoms That Worsen Despite Home Care

If your knee pain persists or worsens after following the PRICE (Protection, Rest, Ice, Compression, Elevation) protocol for several days, consult a doctor.

Signs of Infection

Redness, warmth, or fever accompanying knee pain could indicate an infection. If you notice these symptoms, seek immediate medical attention, as infections can quickly become serious if left untreated.

Chapter 4: When to Seek Help

Additional Reasons to Seek Help

Chronic Pain

If you experience frequent knee pain, which affects approximately 25% of adults, it's essential to get evaluated. Chronic knee pain can significantly impact your quality of life and may indicate underlying conditions like osteoarthritis.

Impact on Daily Activities

When knee pain starts interfering with your daily routine or making it difficult to perform regular activities, consult a healthcare provider.

History of Knee Injuries

If you have a history of knee injuries, you're about 1.8 times more likely to experience a new ipsilateral knee injury³. Regular check-ups with an orthopedic specialist can help manage this increased risk.

Remember, early intervention can prevent minor issues from becoming major problems. If you're concerned about your knee health, don't hesitate to seek professional help.



Chapter 4: When to Seek Help

Guide to Knee Treatment at Vero Orthopaedics

Schedule an Appointment

Contact Vero Orthopaedics by phone or online to book your initial consultation with a knee specialist. During your first visit, the doctor will review your medical history, discuss your symptoms, and perform a physical exam to assess your knee's condition. They may order imaging tests (X-ray, MRI) for a clearer picture.

(772) 569-2330



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Diagnosis & Treatment Plan

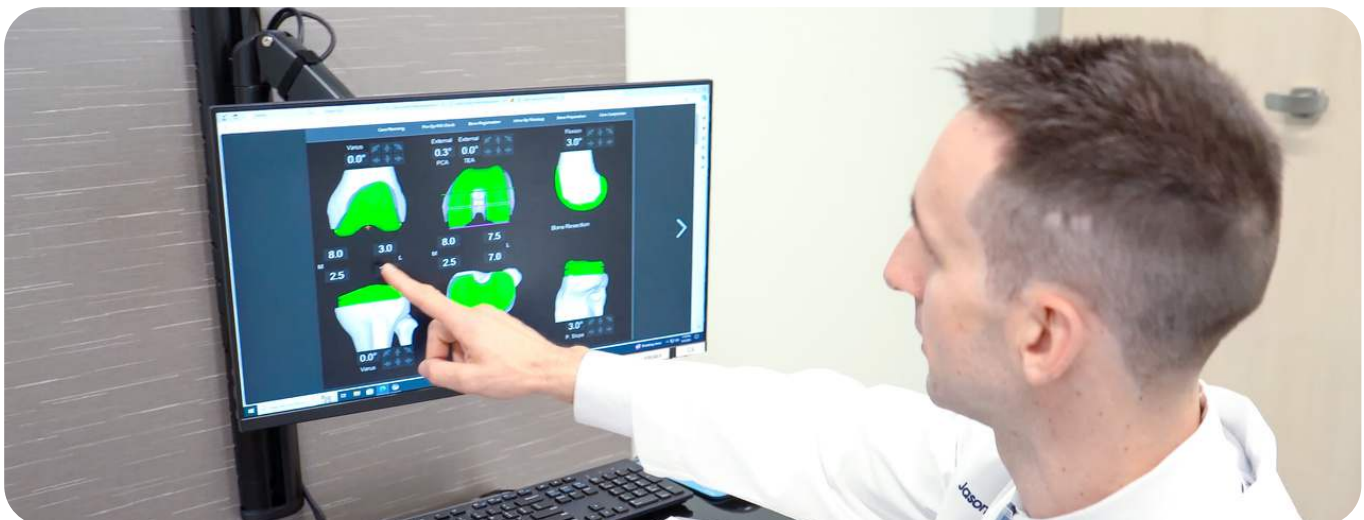
The doctor will diagnose the issue and explain your treatment options based on the examination and test results. This could range from conservative measures like physical therapy to surgical interventions.

Treatment

You'll undergo the agreed-upon treatment plan, including medication, injections, physical therapy, or surgery. Vero Orthopaedics likely has in-house physical therapy to streamline your care.

Follow-up Care

After treatment, you'll have follow-up appointments to monitor your progress, adjust the plan as needed, and ensure your knee is healing correctly.



Frequently Asked Questions About Knee Health

How do I know if my knee pain requires a doctor's visit?

If you experience severe pain, swelling, or instability, or if the pain persists despite home care, it's essential to seek professional evaluation.

Are there any exercises I should avoid with knee pain?

High-impact activities like running and jumping can exacerbate knee pain. Focus on low-impact exercises like swimming or cycling.

Can diet affect my knee health?

Yes! A balanced diet rich in anti-inflammatory foods can support joint health. Maintaining a healthy weight is also crucial.

What are the treatment options for Osteoarthritis?

Treatments range from physical therapy, injections, and, in severe cases, joint replacement surgery.

What is the benefit of minimally invasive knee surgery?

Less pain, fewer scars, and a faster recovery time are all benefits of minimally invasive surgery.



Self-Assessment: Is Your Knee Pain Serious?

Use this knee pain checklist to determine the next steps for relief. Please note: This is not medical advice. Talk to a doctor about your knee to get a diagnosis and treatment plan.

☐ Is your knee pain constant or recurring?

☐ Does your knee pain limit your daily activities?

☐ Do you have stiffness or swelling in your knee?

☐ Do you hear popping or clicking sounds in your knee?

☐ Have you experienced any injuries to your knee?

☐ Do you have difficulty bearing weight on your knee?

If you answered yes to one or more of these questions, it may be time to schedule a consultation with a knee specialist at Vero Orthopaedics.



Visit VeroOrtho.com/Knee for more information and to book now.