

Non-Surgical Knee Pain Solutions

Helping You Stay Active Without Surgery

Is Knee Pain Keeping You From Living Life?

Whether your knee pain developed gradually from arthritis or started after an injury, you don't have to assume surgery is your only option. At **Joint Pain Solution Center**, we specialize in advanced, physician-performed, non-surgical treatments designed to reduce pain, improve mobility, and help you return to the activities you enjoy.

Our goal is not simply to mask pain—we strive to identify the underlying cause of your symptoms and develop a personalized treatment plan based on your specific condition.

Common Knee Conditions We Treat

We commonly evaluate and treat:

- Knee osteoarthritis
 - Meniscus injuries and degenerative tears
 - Patellar tendinitis ("Jumper's Knee")
 - Patellofemoral pain syndrome
 - Pes anserine bursitis
 - Iliotibial (IT) band syndrome
 - Ligament sprains
 - Mild knee instability
 - Overuse injuries
 - Persistent knee pain that has not responded to rest or physical therapy
-

Our Comprehensive Evaluation

Every patient receives a thorough evaluation that may include:

- Comprehensive medical history
- Detailed orthopedic examination
- Functional movement assessment
- **Diagnostic musculoskeletal ultrasound** (when appropriate)
- Review of previous X-rays or MRI studies
- Discussion of contributing medical or metabolic factors that may interfere with healing

This allows us to recommend the treatment options that are most appropriate for your individual condition.

Treatment Options May Include

Depending on your diagnosis, treatment may include:

- Ultrasound-guided joint injections
- Platelet-Rich Plasma (PRP) therapy*
- Hyaluronic acid ("gel") injections
- Corticosteroid injections when appropriate
- Tendon and ligament treatments
- Personalized rehabilitation recommendations
- Activity modification and joint protection strategies
- Nutritional and lifestyle recommendations that support joint health

*Treatment recommendations are individualized after your evaluation.

Why Ultrasound Guidance Matters

Unlike traditional "blind" injections that rely only on surface anatomy, ultrasound guidance allows your physician to visualize the joint, surrounding tendons, ligaments, nerves, and blood vessels in real time.

This precision helps:

- Improve injection accuracy
 - Enhance patient comfort
 - Avoid nearby structures
 - Confirm medication is delivered exactly where intended
-

Why Patients Choose Joint Pain Solution Center

- ✓ Board-Certified Physician Care
 - ✓ Johns Hopkins / Sinai Hospital Trained Physician
 - ✓ Advanced Ultrasound-Guided Procedures
 - ✓ Personalized Treatment Plans
 - ✓ Minimally Invasive In-Office Procedures
 - ✓ Focus on Restoring Function—not Just Reducing Pain
-

Take the First Step

The sooner knee pain is evaluated, the more treatment options may be available before symptoms progress.

Schedule your comprehensive knee evaluation today.

Joint Pain Solution Center

Phone: (954) 363-9080

Website: www.JointPainSolutionCenter.com

Helping You Move Better. Live Better.