

DOCTORS CARE OSTEOARTHRITIS
PROGRAM FOR

Knee Pain Prevention



Our program offers a
non-surgical option that is
safe and effective

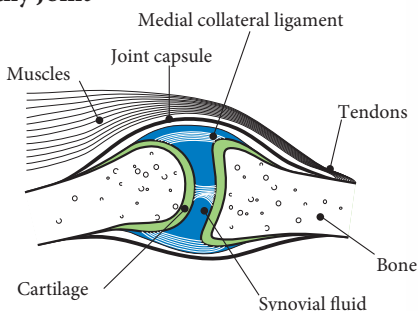


OSTEOARTHRITIS
CENTERS OF AMERICA

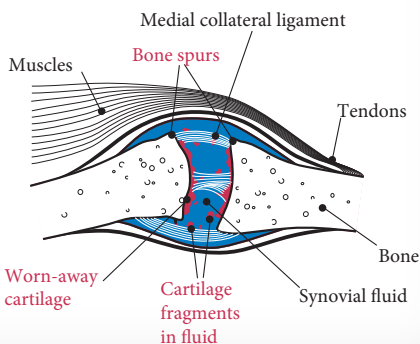
What Is Osteoarthritis of the Knee?

In most cases osteoarthritis is caused by a slow degenerative process whereby, as we age and become less active, we tend to get tighter joints and weaker muscles. This in turn causes our joints to become dysfunctional and then become inflamed. The inflammation causes decreased blood flow to the joint tissues and thus decreased production of joint fluid. This, in turn, causes wear and tear on the joint which causes more inflammation and even less nutrients to the joint tissues. As a result, range of motion and strength are further decreased causing greater dysfunction and greater inflammation. Left untreated, this will lead to a downward spiral of degeneration.

A Healthy Joint



A Joint With Severe Osteoarthritis



Here Are the Symptoms

Osteoarthritis of the knee is a condition that can go undiagnosed; it typically develops over many years. The symptoms are subtle at first so you may not notice them. Eventually, symptoms like these are hard to ignore:

- Pain
- Difficulty walking
- Stiffness
- Swelling

The pain is likely worse after exercise or other physical activity. Conversely, stiffness is more acute after periods of inactivity. The longer you have knee osteoarthritis, the more severe the pain and stiffness.

Eliminate Your Pain with Doctors Care



Pain relievers and cortisone shots are often not enough to alleviate the symptoms of osteoarthritis of the knee. People think the only way to “cure” osteoarthritis of the knee is to have knee replacement surgery. While knee replacement surgery is a lifesaver for some, Doctors

Care offers an innovative, non-surgical solution that helps put an end to pain and stiffness while eliminating or postponing the need for surgery.

It's called viscosupplementation, and Doctors Care is the only physician practice in South Carolina accredited by the Osteoarthritis Centers of America to perform this FDA-approved no-surgery treatment.



Doctors Care patients
enjoy a greater than
85% success rate
with our no-surgery
approach to
knee osteoarthritis!

Here's How it Works

Viscosupplementation injections are given by our doctors into the knee once a week for five weeks. These injections break the inflammatory cycle and replace the joint fluid which incrementally decreases the pain and allows the knee to function more normally. The procedure is non-invasive and patients can resume their normal activities immediately. There is no recovery time requiring assistive devices like walkers or canes; however the doctor may recommend a knee brace to aid in your recovery.

Get Moving Faster

Our program also helps accelerate your return to full, pain-free mobility through physical therapy. Physical therapy continues its specialized arthritis program three times per week during the five week program and ideally for two weeks afterwards for a total of 6-8 weeks. This is extremely important because without proper exercise then the inflammatory cycle will return along with the pain. It is important to understand that the hip joints as well as the ankle joint can affect function of the knee joint. All three joints must be addressed. The recommended Physical Therapy treatment program is three times per week for 6-8 weeks. Patients who do physical therapy have a much better recovery rate than those who do not.



Call Toll Free **855.344.KNEE**
(855.344.5633)
to schedule your consultation.
Available in select Doctors Care offices.

Fully accredited by:



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Physical Therapy**

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