

Knee Pain: More Non-Surgery Options

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Transforming patient information into patient understanding.

Today I will conclude our two part class on the treatment of knee pain without surgery. I don't have any patients coming into the Wellness Center Clinic or the office insisting that I operate on them for knee pain! I think there must be something built into patients making them hesitant about surgery. I accept this and agree completely with this feeling that my patients have. Nevertheless, I have known some surgeons who seem to do surgery on almost every patient they see. I have never been able to figure that out. Never will either.

Anyway, I assure anyone coming to see me that I will always tell them what their choices are and explain possible options. Last time we left off our discussion with Advil, Motrin, Aleve and Naprosyn.

- **Non steroidal, prescription**

Over the years a large (and growing) group of oral medications have been developed to manage inflammation, pain and arthritis. Ibuprofen (Motrin) was one of the earliest medications. There have been too many to list here. Celebrex is one of the most popular. Do they help? Sort of, in some patients but many people I see are already on several other meds for other problems. I just hate to load them up with more --. It may not work, cause side effects and they are expensive medications.

- **Theragesic, Bio Freeze**

Two of my favorites. There are dozens as anyone who has been in a pharmacy knows. They do help some patients and are worth trying. They can help reduce aching and stiffness. No harm to try.

- **Ice, heat**

It seems to work for physical therapists. They love this. Heat for 15 minutes followed by ice for 15 minutes. We all respond differently. Try it. See what works for you.

- **Glucosamine-Chondroitin**

Osteo-Bi-Flex triple strength, two per day at once has worked best for my patients. If a person has too much arthritis it can't help. I don't tell everybody to take this as they may be wasting their money. I might recommend it after a proper exam and x-rays of the knees are done.

- **Acupuncture**

Not too many people do this, but I never down it to patients. I'm sure it does help some people so if someone wants to try it I will try to help them find a reputable place.

- **Magnetic Pulse Therapy**

It is available. Probably not covered by insurance. Expensive. I don't have a lot of patients who have used it.

- **Knee Bracing**

It ranges all the way from an ace wrap to knee supports (sleeves) you can get at a store. More specialized braces need to be prescribed after I properly evaluate the knee. They come from brace shops. If prescribed, insurance may pay for them.

- **Lidoderm patches**

They are available by prescription. Somewhat expensive if you have to pay out of pocket. They don't rub off on clothing and there is no odor.

- **Combination therapy is best.**

Many people do best when some therapies are combined. For example weight loss, physical exercise and a pain reliever or other choice from the "menu". Of course no treatment works for everybody.

Well, there you have it Dr. Haverbush's complete outline.

All Orthopaedic Surgery problems including knee arthritis can be evaluated by Dr. Haverbush at the Lakeview Community Wellness Center in Lakeview or at the office in Alma at 315 Warwick Dr., Alma, Michigan.

Please call 989-463-6092 for information or to schedule an appointment.

Future Lakeview Community Wellness Center Clinic dates are June 5, June 18 and July 3, 2009.

Please don't forget there is a wealth of accurate information about all the Orthopaedic conditions I treat on the office teaching website www.orthopodsurgeon.com. Please log on and check it out.

I am happy to answer questions from readers. You can e-mail me at orthopodsurgeon@hotmail.com or write to me at 315 Warwick Dr., Alma, Michigan 48801.

Our goal is simple - To help people return to more pain free functional lives.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush

