

Knee Pain

Prevention And Treatment

The knee is a complex hinge joint and is responsible for the movement of legs and for maintaining a balance of the body. Here, we have discussed some of the ways in which you can prevent the pain from aggravating and the treatment options available to cure the pain.

Prevention

Always stretch and warm up before a strenuous exercise.

Wear shoes that fit properly.

Avoid running on hard surfaces.

Wear protective sports equipment.

Do not exercise with an injured knee.



Treatment

Conventional Treatment



RICE

Physical Therapy

Rehabilitation Exercises

Anti-Inflammatory Medication



Surgical Treatment

Arthroscopy

Osteotomy

Synovectomy

Knee Replacement Surgery

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