

Knee Pain

Effectively treat symptoms of knee pain and Osteoarthritis through doctor-recommended treatments.

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Osteoarthritis of the Knee

Osteoarthritis ("OA") is a common condition that causes joints to become stiff and painful. If you have been diagnosed with knee OA, you are among the 14 million Americans with this condition. So, you are not alone!

OA causes the smooth cartilage that covers and protects the ends of your bones to break down. In severe cases, your cartilage thins so much that your bones may begin to rub against each other. The lubricating ability of the natural fluid in your knee diminishes, and the cartilage no longer cushions the joint as well as it once did. This results in stiffness, swelling, and pain that can make walking difficult.

Schedule a Consultation

Name

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What are the symptoms of OA?

Some early signs may be pain when moving, standing, or sitting. Many people with OA notice that the pain worsens with exercise but goes away when resting.

As time goes on, the knee becomes less and less flexible. Stiffness, swelling, and redness are other common symptoms. Some people with OA experience a grating sensation in the knee during movement. These symptoms are often painful and frequent, but they can be managed.

If you have one or more of these symptoms, you may have knee OA.

- ▶ Aches and pains in the knee joint, especially with motion
- ▶ Stiffness in the knee joint, especially in the morning or after resting
- ▶ "Grating" or "scraping" feeling on the movement of the knee joint
- ▶ Limited range of motion
- ▶ Clicking or cracking sound when bending the knee
- ▶ Muscle weakness or buckling (knee gives out)

If you think you have osteoarthritis of the knee, contact us for a free consultation. We will take the time to review your history, order diagnostic imaging (x-rays, MRI) if necessary, and determine the best treatment option for you. Most of our treatments are covered by insurance.



What Causes Osteoarthritis of the Knee?

Anyone can get Osteoarthritis ("OA") of the knee. Although it is most common in people older than 65, people in their 20s and 30s can develop it. The actual cause of OA is not known. However, many things can contribute to getting the condition.

- ▶ Age – the risk of developing knee OA increases with age
- ▶ Family History – for some people, a family history of knee OA may increase your risk
- ▶ Overuse – using the joint over and over in a job or sport can result in knee OA
- ▶ Weight – Extra pounds put more stress on the knee joint
- ▶ Gender – Women are more likely to develop knee OA than men
- ▶ Injury – an injury to the knee joint can increase your chances of knee OA later in life

For some people, genes or family history can affect their chances of developing the disease. For others, their OA knee pain might stem from being overweight, or injuries suffered during an accident. Sometimes, people with sports-related injuries or very active lifestyles can develop OA.

In a healthy knee, smooth cartilage covers and protects the ends of bones in the joint, allowing them to glide smoothly as you move. In a knee with OA, the cartilage that acts as a cushion between bones breaks down. The joint space narrows, which may cause bones to rub together. The thick, slippery fluid (synovial fluid) that lubricates and reduces friction in the knee becomes thin and less effective. When the knee is affected by OA, it may no longer function smoothly and can result in pain and stiffness.

When should I talk to my doctor about Osteoarthritis?

If you have one or more of the common symptoms of Osteoarthritis ("OA"), it's important to talk to your doctor. The sooner you speak with your doctor, the sooner you can treat your symptoms. If you have one or more of these symptoms, you may have knee OA.



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Your doctor will conduct a physical checkup and discuss your symptoms with you in detail. He or she may order an x-ray of your knee. To rule out other problems that could be causing your symptoms, your doctor may also draw blood and joint fluid samples from your knee for testing.

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Treatments for Osteoarthritis

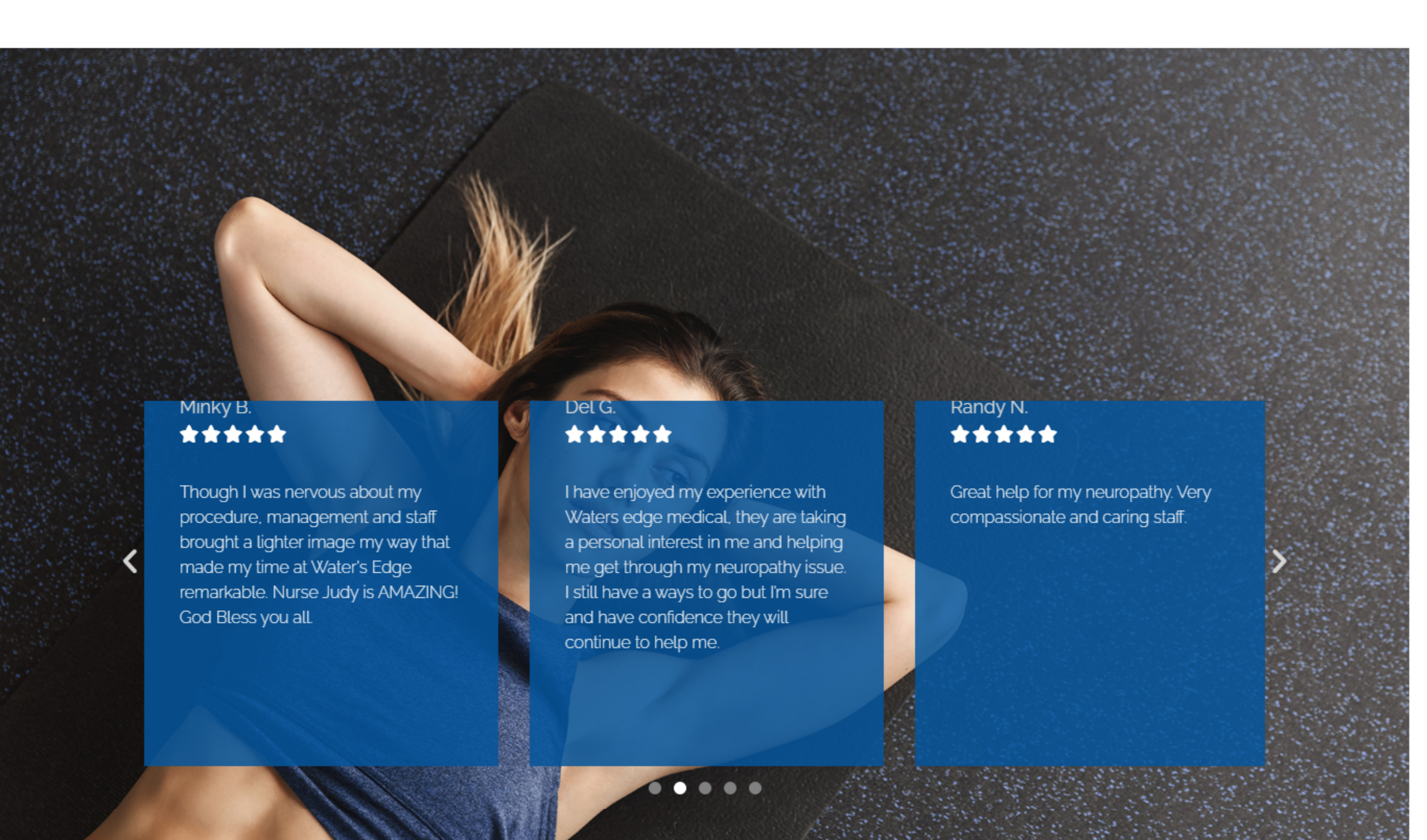
If your Osteoarthritis ("OA") symptoms are mild, your doctor may recommend physical activity, a weight loss program, or a knee brace. Some patients find that strengthening and range-of-motion exercises help with their symptoms. Your doctor might also suggest you participate in an OA education program or support group.

If your OA pain is more intense, your doctor may advise using nonprescription pain relievers like acetaminophen, Aspirin, ibuprofen, or other prescription drugs. If these options do not work, other available treatments include knee injections with hyaluronates or knee surgery.

If you have knee osteoarthritis, your doctor may recommend exercise and weight loss to help reduce knee pain and stiffness. Exercises that strengthen muscles and improve stamina may be the most effective. You should avoid activities that cause excess pain in your joints.

Another option to relieve knee pain is drug therapy, such as non-prescription pain relievers (like acetaminophen) or drugs that reduce inflammation, including ibuprofen, aspirin, naproxen, or prescription medications, such as narcotics.

If these options do not work well enough, other treatments that may be considered include knee injections with a hyaluronate or surgery.



Minky B. ★★★★★

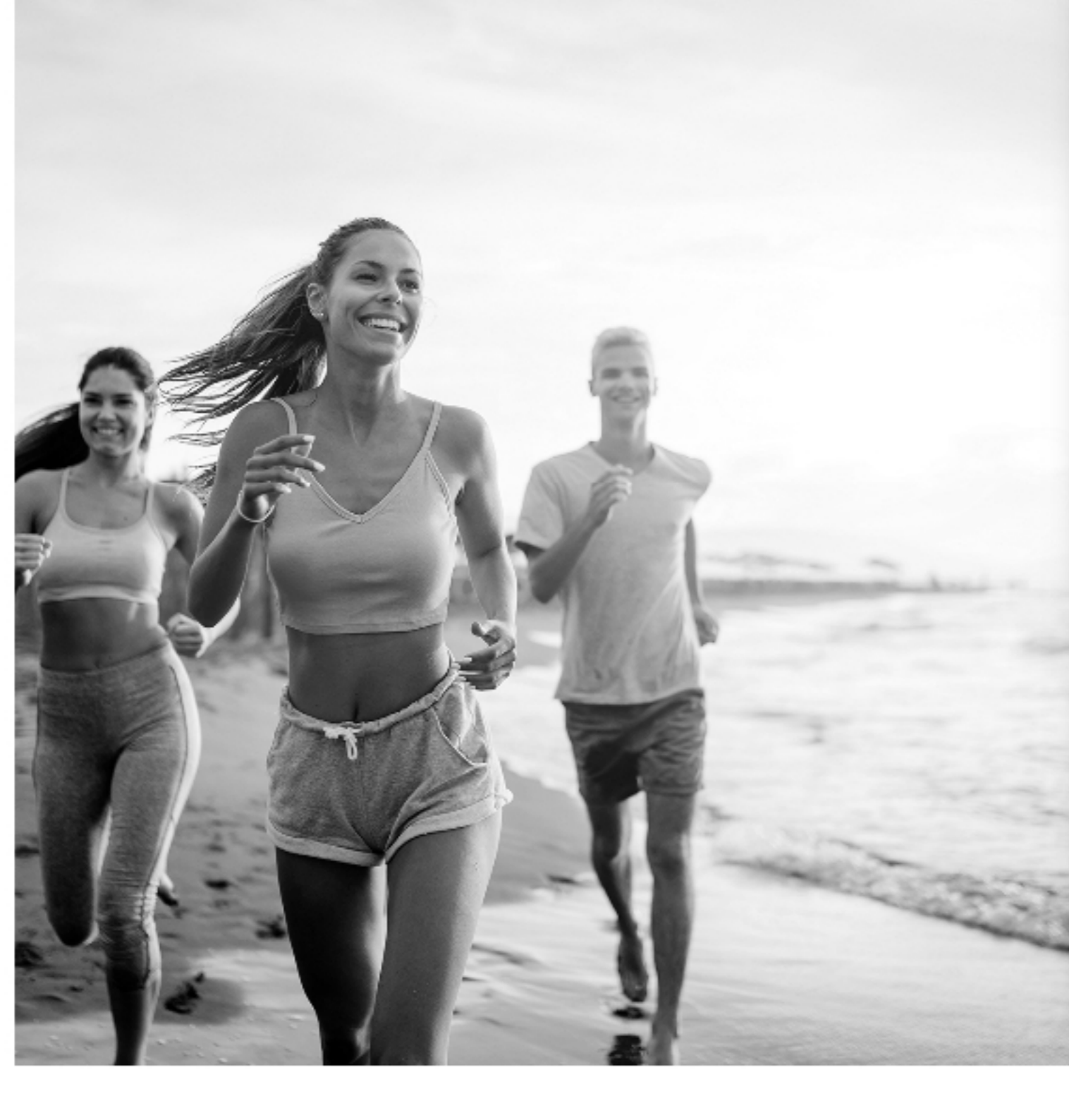
Though I was nervous about my procedure, management and staff brought a lighter image my way that made my time at Water's Edge remarkable. Nurse Judy is AMAZING! God Bless you all.

Del G. ★★★★★

I have enjoyed my experience with Waters edge medical, they are taking a personal interest in me and helping me get through my neuropathy issue. I still have a ways to go but I'm sure and have confidence they will continue to help me.

Randy N. ★★★★★

Great help for my neuropathy. Very compassionate and caring staff.



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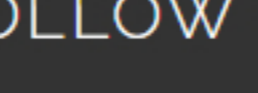
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