



# Areas We Treat: Knee

## Understanding Knee Pain and Its Impact

Knee pain can significantly impact your ability to move comfortably, perform daily activities, and enjoy an active lifestyle. Whether it's climbing stairs, walking short distances, or simply standing for extended periods, persistent knee discomfort can make even routine tasks feel difficult.

Knee pain can result from an acute injury, such as ligament tears or meniscus damage, chronic conditions like [osteoarthritis](#), or degenerative issues resulting from wear and tear over time. Fortunately, non-surgical treatment methods can help reduce pain and restore optimal function.

## Common Knee Conditions We Treat

Physiatrists specialize in diagnosing and treating various [musculoskeletal conditions](#), including many forms of knee pain, using non-surgical, evidence-based methods.

- **Knee Osteoarthritis:** [Knee osteoarthritis](#) is a degenerative joint condition where the protective cartilage in the knee gradually wears away, causing pain, stiffness, and reduced range of motion.
- **Meniscus Tears:** [Meniscus tears](#) can occur due to sudden twisting motions or age-related degeneration, resulting in pain, swelling, and a sensation of locking or catching in the knee.
- **Ligament Injuries (ACL, MCL, PCL, LCL):** Ligament injuries involve sprains or tears to one of the four key ligaments that stabilize the knee. These often occur from sports or trauma and may cause pain, instability, or difficulty bearing weight on the affected leg.
- **Patellar Tendonitis (Jumper's Knee):** This overuse injury affects the tendon connecting the kneecap (patella) to the shinbone (tibia). It's common in sports involving a lot of jumping.
- **Patellofemoral Pain Syndrome (Runner's Knee):** Runner's knee refers to pain around the front of the knee, often caused by improper tracking of the kneecap. It's frequently triggered by overuse, misalignment, or muscle imbalances.

At Desert Spine and Sports Physicians, our board-certified Physiatrists work to relieve [musculoskeletal pain](#), restore function, and help patients return to the activities they love without the need for invasive surgery.

## Non-Surgical Treatment Options for Knee Pain

The method of treatment appropriate for your knee pain depends on the cause and severity of the pain. However, Physiatrists typically recommend the following non-surgical treatment methods:

- **Physical Therapy:** Personalized exercises that strengthen the muscles supporting the knee, improve flexibility, and restore proper movement patterns to reduce pain and prevent further injury.

- **Medications:** Short-term use of over-the-counter or prescription anti-inflammatory drugs (NSAIDs) can help decrease swelling and relieve pain associated with arthritis, injury, or overuse.
- **Joint Injections:** Corticosteroid and Hyaluronic Acid (HA) or viscosupplementation [joint injections](#) deliver targeted relief directly into the knee joint, reducing pain and inflammation, and in the case of HA injections, also lubricating the joint for smoother movement.
- **Platelet-Rich Plasma (PRP) Therapy:** Uses the patient's own concentrated blood [platelets to promote healing](#) and reduce pain and inflammation in damaged tissues, particularly helpful for tendon, ligament, and meniscus injuries, as well as earlier stages of arthritis.
- **Bone Marrow Aspirate Concentrate (BMAC) Therapy:** This utilizes stem cells from your bone marrow to support cartilage, bone, and soft tissue regeneration.
- **Bracing and Supports:** Knee braces provide external support and stability, helping to offload pressure from painful areas and improve mobility during activity.
- **Activity Modification:** Identifying and adjusting movement patterns or activities that aggravate pain helps reduce strain on the knee and allows healing without further damage.
- **Weight Management:** [Reducing body weight](#) helps decrease the load on the knee joint, easing pressure on cartilage and tendons, especially in cases of osteoarthritis.

## When to Seek Treatment for Knee Pain

While occasional knee discomfort can be common, certain warning signs may indicate a more serious issue that requires professional evaluation. These include persistent swelling, a feeling of instability or the knee “giving out,” sharp or worsening pain, difficulty walking or bearing weight, and a reduced range of motion.

If you're experiencing any of these symptoms, it's important to consult a specialist to identify the underlying cause and prevent further damage.

## Why Choose Desert Spine and Sports Physicians?

The [board-certified Physiatrists](#) at Desert Spine and Sports Physicians leverage evidence-based treatment protocols with state-of-the-art diagnostics to deliver exceptional patient care. Our comprehensive approach emphasizes individualized treatment plans that address the whole person, focusing on both immediate pain relief and [long-term knee recovery](#).

Don't let your life be controlled by problematic knee pain—take back control by [requesting an appointment today](#).

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