



Osteoarthritis Treatment Options For You

What is Osteoarthritis?

Osteoarthritis is a [degenerative joint condition](#) characterized by the breakdown of cartilage, the protective tissue that cushions the ends of bones in a joint. As the cartilage wears down, bones may rub against each other, causing pain, stiffness, swelling, and reduced joint range of motion.

Osteoarthritis can affect the knees and other joints, including the hips, shoulders, hands, and spine. Osteoarthritis affects people of all ages, but certain factors, like age, increase the likelihood of developing it.

Those who have experienced a previous joint injury are also susceptible to developing osteoarthritis. Other factors include obesity, genetics, and inflammatory joint diseases.

While the most prominent symptom associated with osteoarthritis is pain, some other symptoms may include:

- Stiffness
- Swelling
- Limited range of motion

If you suspect you have osteoarthritis, it's critical to get an early diagnosis. When detected promptly, we can initiate targeted, non-surgical treatments that not only relieve pain but also slow joint degeneration and preserve mobility.

Areas of the Body Commonly Affected by Osteoarthritis

Spine

If you're experiencing stiffness or aching in your neck or lower back—especially in the morning or after sitting for long periods—you could be dealing with spinal osteoarthritis. This type of arthritis can cause localized pain or radiating discomfort and may limit your ability to bend, twist, or move with ease.

Knees and Hips

Osteoarthritis in the knees or hips often presents as deep, aching pain that worsens with activity and improves with rest. You might notice stiffness getting out of bed or a grinding sensation during movement—symptoms that can make it difficult to walk, climb stairs, or stay active.

Shoulders

Shoulder osteoarthritis may feel like a dull ache or sharp pain when [reaching overhead](#), lifting objects, or rotating the arm. As the condition progresses, simple movements like brushing your hair or getting dressed can become uncomfortable or even painful.

Hands, Wrists, and Fingers

If your fingers feel stiff in the morning or your grip strength is decreasing, osteoarthritis could affect the small joints of your hands or wrists. You might also notice swelling, tenderness, or bony enlargements around the knuckles, making fine motor tasks more difficult over time.

How Desert Spine and Sports Treats Osteoarthritis

For many people, the pain and stiffness caused by osteoarthritis can disrupt day-to-day activities. While surgery is a treatment option in severe cases, many non-surgical methods can provide [significant relief from osteoarthritis](#) symptoms.

Activity Modification & Lifestyle Counseling

Simple lifestyle changes can significantly impact the management of osteoarthritis. Weight management, low-impact exercise, and joint protection techniques are key components of lifestyle modifications.

Physical Therapy & Guided Home Exercises

Physical therapy, including [beneficial aquatic therapy](#) in some cases, is the cornerstone of osteoarthritis management. Skilled therapists work with patients to design tailored exercise programs that strengthen muscles around affected joints, improve flexibility and range of motion, and alleviate pain.

Targeted Joint Injections

Targeted [joint injections](#)—such as corticosteroids or hyaluronic acid (for the knee)—can provide meaningful relief for patients with osteoarthritis by reducing inflammation and improving joint function. These image-guided injections deliver medication precisely where needed, alleviating pain and stiffness at the source.

Regenerative Options

Regenerative therapies like [Platelet-Rich Plasma \(PRP\)](#) and [Bone Marrow Aspirate Concentrate \(BMAC\)](#) provide a [biologic approach](#) to osteoarthritis by stimulating natural healing. These treatments help repair tissue, reduce inflammation, and may slow joint degeneration, especially in early to moderate stages.

Image-Guided Interventional Procedures

[Ultrasound](#) or [fluoroscopically-guided](#) injections are a valuable tool for healthcare providers in managing osteoarthritis, offering precision and safety. Injections performed under imaging guidance offer several benefits in terms of targeted delivery of therapeutic agents to the affected joint.

Why Choose DSSP for Osteoarthritis Care?

When it comes to managing osteoarthritis, experience, precision, and a whole-person perspective matter. Our [board-certified, fellowship-trained physiatrists](#) and pain management physicians specialize in diagnosing and treating complex joint conditions without surgery, offering advanced therapies that reduce pain, preserve function, and support long-term joint health.

What sets us apart:

- **Specialized Expertise:** Our team brings deep, focused experience in osteoarthritis diagnosis and non-surgical treatment across all major joints and the spine.
- **Personalized, Evidence-Based Care:** Every treatment plan is tailored to your unique condition, lifestyle, and goals, built on the latest medical research and guided by precision diagnostics.
- **Whole-Person Treatment Philosophy:** We go beyond symptom relief to restore mobility, support healing, and help you stay active at every stage of life.

Is Osteoarthritis Holding You Back? Contact Us Today

If you suspect you may have osteoarthritis, don't let it control your life any longer.

[Request an appointment](#) with Desert Spine & Sports Physicians today to explore effective [non-surgical solutions](#), such as physical therapy, regenerative medicine, or targeted joint injections, for managing joint pain and regaining mobility.

Our Locations

Desert Spine and Sports Physicians has multiple convenient locations across the Valley to serve you. Please visit desertspineandsports.com/locations for the most up-to-date list of clinic addresses.

If you need to reschedule your appointment, please give 24 hours notice and call 602-840-0681.