**Health & Wellness Committee Tip of the Month**

**Don’t Let Knee Pain Keep You Down**

My knees are killing me!

Millions of Americans are suffering daily from knee pain. In fact, it’s one of the most common things that sends folks to see their doctor. Bones, tendons, ligaments, and cartilage in your knees all have to work together to keep you upright, and an issue with any of those components can cause pain. Sometimes, the knee itself *isn’t even* the problem. A perfect knee can still hurt if your back, ankle, or hip aren’t functioning properly.

You can expect to have some aches and pains with vigorous exercise, changes in your routine, changes in the weather, and age-related wear and tear. When this pain becomes more frequent or doesn’t respond to standard treatments like ice-packs, heating pads, or occasional ant-inflammatory medicines, it’s worth telling your doctor about it.

Your doctor will examine your knee and might even get an X-ray or an MRI to investigate further. Your treatment will depend on what the doctor finds. While some patients may need surgery, most of the time your doctor will be able to start much more conservatively. Using techniques such as physical therapy, gait training, injections (steroids or synthetic synovial fluid,) or nerve ablations, many patients are able to control their pain significantly.

If your knee pain is starting to affect the quality of your life, let your doctor know. You might be surprised how easy it is to get some relief.

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