What is the Success Rate of the Alternative to Knee Replacement Program?

With success defined as a “significant” reduction in pain and no knee replacement—the Alternative to Knee Replacement program has an impressive 87 percent success rate. These numbers are based on the results of more than 7000 patients over a five year period. (Miller, L. E., & Block, J. E. (2013). An 8-week multimodal treatment program improves symptoms of knee osteoarthritis: a real-world multicenter experience. Pragmatic and Observational Research (24 October 2013).

Associated Physicians Group Alternative to Knee Replacement program reflects this same rate of success with more than 87 percent of our patients reporting a significant reduction of pain, no knee replacement necessary, and improved quality of life.
Is knee pain making your life miserable?
Are you trying to avoid or delay knee replacement surgery?
Do you want to quickly reduce or eliminate pain?

1. Fluoroscopic-guided injections to stimulate new joint fluid cells that increase lubrication and cushioning in the knee—reducing or eliminating pain.

2. Individual patient focused and pain free physical therapy program to improve range of motion, build strength, and enhance effectiveness of injections.

3. Customized, temporary knee bracing systems—as needed—to support recovery and encourage motion.

4. Topical pain creams for pain relief and enable increased activity.

5. Treatment with Kneehab XP® stimulation device to promote quadriceps strength and knee stability.

How does it work?

Every patient is different. That’s why the APG physical therapy team works closely with our physicians to design a customized program for each patient. As pain specialists, we are up-to-date on the latest physical therapy approaches that build muscle strength, increase the lubrication and cushioning effects of existing joint fluid, and enhance the effectiveness of injections.

Our medical team prescribes specifically compounded pain creams that are much safer and more effective than most oral medications in delivering pain relief. They complement the joint cushioning injections and allow you to gain maximum benefits from physical therapy and strength building exercises.

The Alternative to Knee Replacement Program may be the answer you are looking for. Associated Physicians Group has helped thousands of area residents improve their quality of life and increase daily activity without knee replacement surgery.

WHAT IS THE ALTERNATIVE TO THE KNEE REPLACEMENT PROGRAM?

It is a proven, non-surgical treatment program that can quickly reduce or eliminate knee pain. While the plan for each patient varies, the typical program includes an injection of cushioning fluid into the joint space of the knee along with physical therapy and bracing as needed.

The aim of the treatment is pain reduction to allow for increased motion. Increased motion stimulates the natural lubrication of the knee—so the more you move, the better you feel. While it does not eliminate osteoarthritis, it can significantly reduce the pain—which in turn reduces stiffness—enabling you to return to activities you enjoy!