



BONE ON BONE KNEE PAIN?

APG'S NON-SURGICAL
KNEE PAIN RELIEF PROGRAM
HAS AN 87% SUCCESS RATE!

**87% of our Patients
get relief.**

With success defined as "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 multi-modal treatment program improves symptoms of knee osteoarthritis: a real-world multicenter experience. Pragmatic Obs Res, 4, 39-44.)

Associated Physicians Group Alternative to Knee Replacement program reflects this same rate of success with 87 percent or more of our patients reporting a significant if not complete reduction of pain, better mobility and improved quality of life.

APG

ASSOCIATED PHYSICIANS GROUP
PAIN MANAGEMENT & PHYSICAL THERAPY CENTER

If your knees prevent you from living the life
you want to live, call our Knee Pain hotline at:

1-888-363-8333

or visit our website

www.AssociatedPhysicians.com

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- » DO YOU HAVE CONSISTENT KNEE PAIN?
- » WOULD YOU PREFER TO AVOID OR AT LEAST DELAY KNEE REPLACEMENT SURGERY?
- » DO YOU WANT TO QUICKLY REDUCE OR ELIMINATE PAIN?



If you answered yes to any of these questions, then APG's patented Alternative to Knee Replacement Program may be your answer. Associated Physicians Group has helped thousands of area residents improve their quality of life and increase daily activity without the need for knee replacement surgery.

WHAT IS THE APG ALTERNATIVE TO 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 goal of the treatment is pain reduction that allows for increased range of 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, our program can significantly reduce the pain—which in turn reduces stiffness—enabling you to return to the activities you enjoy!

HOW IT WORKS...

1

The program combines immediate pain relief and increased mobility through the use of an unloader brace and other pain relief methods. An unloader brace takes the pressure off of the "bone on bone" contact and provides immediate pain relief which returns mobility to your life. The unloader brace also increases the joint space in the knee making phase 2, viscosupplementation injections far more effective.

Use of an Unloader Brace greatly reduces pain and makes viscosupplementation far more effective



After just one week of use, this brace significantly opened up the joint space and brought relief.

2

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

Fluoroscopic-guided injections allow the provider to visualize the joint space and ensure the cushioning fluid (known as viscosupplementation) is accurately placed. Precise delivery is necessary for relief and rehabilitation—and the key to APG's 87 percent success rate. We use a two-step numbing process prior to the procedure to provide you with a pain-free and pleasant experience.

3

Individualized physical therapy program to improve range of motion, build strength, and enhance effectiveness of injections.

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.



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