



JEFF FEINBLATT MD PC

LOWER EXTREMITY SPORTS MEDICINE

Foot, Ankle and Knee Reconstruction



ROC

Regenerative Orthopedic Center

“Knee Arthritis”

Articular Cartilage is the firm white smooth covering at the end of a bone that contacts another bone allowing for motion (joint). Loss of this cartilage for any reason is arthritis. Arthritis can occur due to “wear and tear” but also due to inflammatory disease such as rheumatoid arthritis or psoriatic arthritis, due to trauma of the joint, or disruption of the blood supply to the underlying bone (avascular necrosis).

Non-surgical Management:

Most patients with early arthritis can do quite well with the use of anti-inflammatories (Advil, Aleve, etc.)

A neoprene sleeve can help keep the joint warm and decrease symptoms.

Topical creams such as Capsaicin, Icy-Hot, Aspercreme, etc. may provide temporary relief.

If these interventions have not been helpful, schedule an appointment with Dr. Feinblatt.

Corticosteroid injections can provide months of symptom improvement.

Viscosupplementation (some know this as rooster comb injection) may provide relief for arthritis symptoms.

Stem cell and **PRP (Platelet Rich Plasma)** (click for further information)

These are a whole family of different injections that hold promise for arthritis pain, with significant ongoing basic science and clinical trials. Some data suggests that certain subtypes of these injections may be beneficial, but that other types may cause more cartilage destruction. Speak with Dr. Feinblatt about these if you are considering having these done.

An appropriate exercise routine is vital to maintaining function of the knee. Maintain appropriate body weight with good muscle tone. Impact activities should be avoided as these will increase symptoms. Instead, focus on resistance exercises, use of a bicycle and even with end-stage arthritis pool exercise remains a fantastic way to stay active with minimal stress on the knee.

Surgical Management:

- If other treatments have failed, Dr. Feinblatt performs Partial Knee Replacement and Total Knee Replacement including Robotic Assisted procedures (click for further information)

