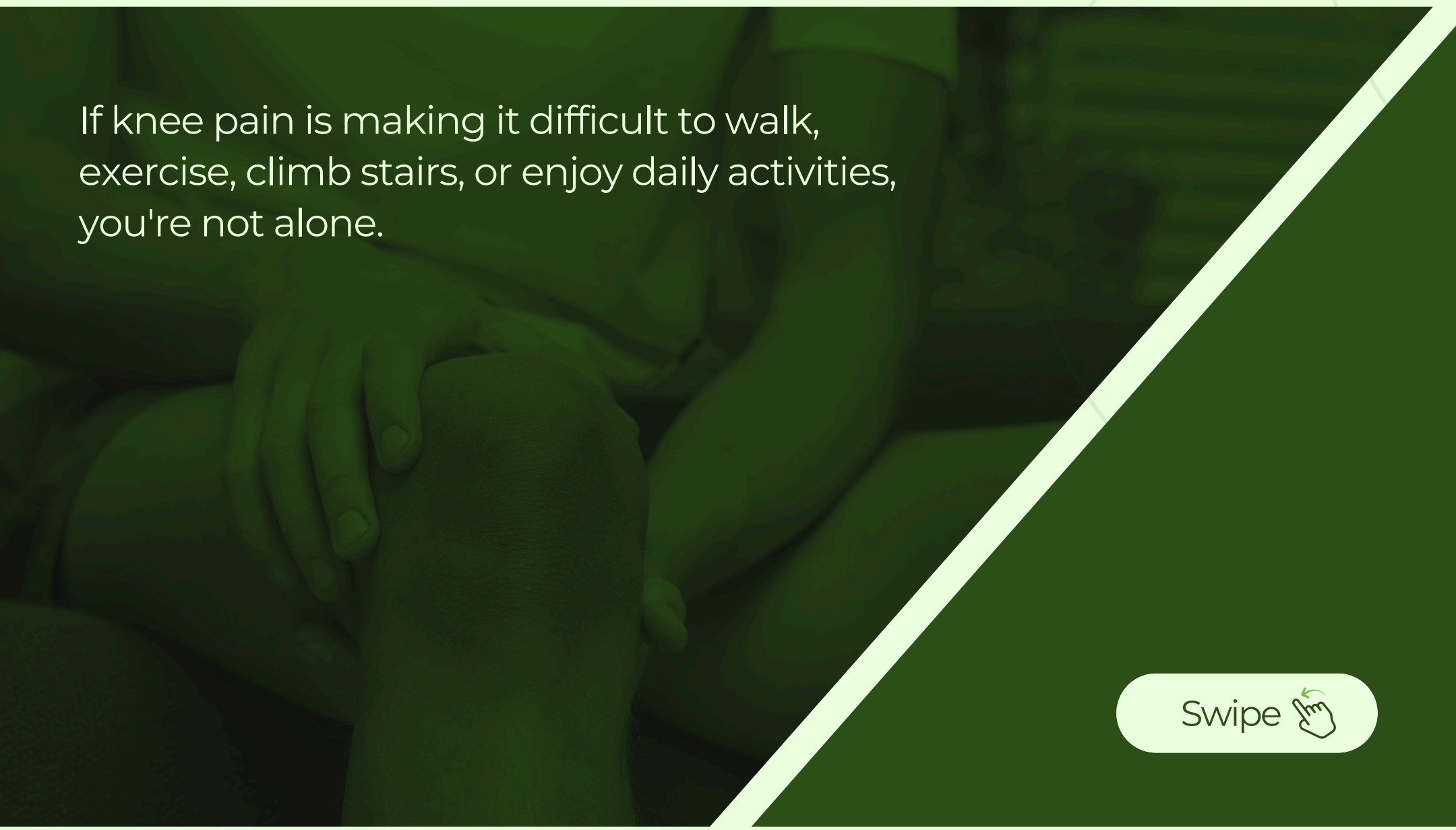
Knee Pain 360

Could Knee Pain Be Affecting Your Quality of Life?

A Simple Guide to Understanding Knee Osteoarthritis and Your Treatment Options



If knee pain is making it difficult to walk, exercise, climb stairs, or enjoy daily activities, you're not alone.

Swipe

Informational purposes only, not medical advice

Many people live with chronic knee pain, stiffness, and reduced mobility without realizing there may be treatment options beyond medication and surgery.

Inside this guide, you'll learn:

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📌 Quick Note: All buttons in this guide are clickable.
Simply click to navigate to any section or resource.

What Causes Knee Pain?

Knee pain can have many causes, but one of the most common is osteoarthritis, a condition that occurs when the cartilage within the knee gradually wears down over time.

Common Causes of Knee Pain

Osteoarthritis: Gradual wear and tear of the knee joint.

Inflammation: Can contribute to pain, swelling, and stiffness.

Previous Injury: Past injuries may increase the risk of ongoing knee problems.



DID YOU KNOW?

Knee osteoarthritis affects millions of people worldwide and is one of the leading causes of pain and reduced mobility in adults.

Common Symptoms

Knee osteoarthritis can cause a range of symptoms that may affect your daily activities and mobility.



Knee pain during activity



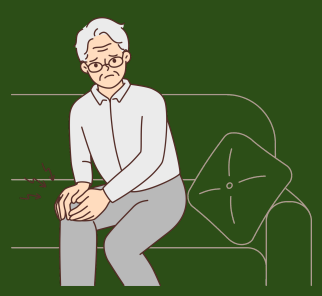
Pain when walking or climbing stairs



Knee stiffness



Swelling around the joint



Reduced mobility



Difficulty standing for long periods



Clicking or grinding sensations



Reduced ability to exercise



Difficulty performing daily tasks

TREATMENT OPTIONS

There Is More Than One Way to Manage Knee Pain.
Treatment depends on your symptoms, imaging findings, lifestyle, and overall health.

Lifestyle Modifications
Exercise, weight management, and activity changes.

Medication
May provide temporary symptom relief.

Physiotherapy
Can improve strength, mobility, and function.

Knee Replacement
A surgical option for severe osteoarthritis.

Genicular Artery Embolisation (GAE)
A minimally invasive procedure that reduces inflammation by targeting abnormal blood vessels around the knee.

The right treatment is different for every patient. Understanding all available options is important before making a decision.

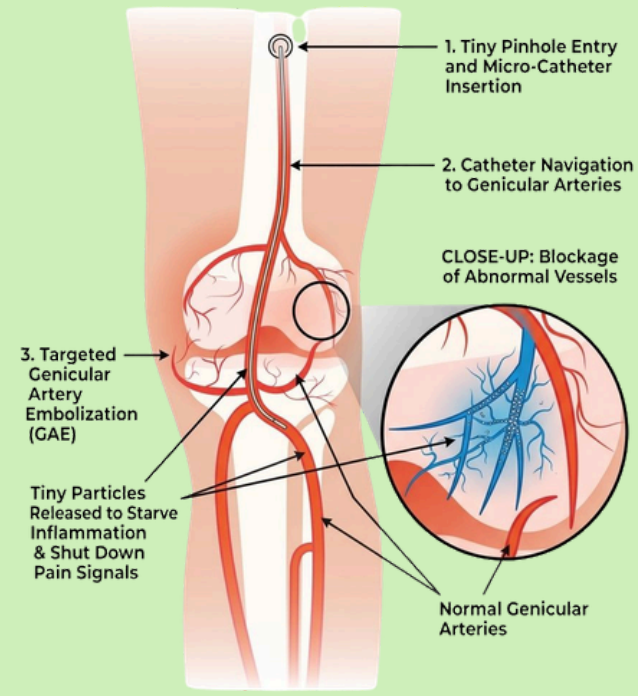
WHY MANY PEOPLE CHOOSE GAE

A Minimally Invasive Alternative for Chronic Knee Pain

Genicular Artery Embolization (GAE) is a minimally invasive procedure performed by an Interventional Radiologist.
The procedure works by reducing abnormal blood flow associated with inflammation in the knee joint, helping relieve pain and improve function.

Potential Benefits of GAE:

✓ No major surgery
✓ Minimally invasive
✓ Same-day procedure in most cases
✓ Short recovery time
✓ May reduce chronic knee pain
✓ Improved mobility and function
✓ May delay the need for knee replacement surgery
✓ Return to daily activities sooner



Important: Not every patient is a candidate for GAE. A consultation and assessment can help determine the most suitable treatment option.

FIND OUT IF YOU MAY BE **A CANDIDATE FOR GAE**

If you're experiencing ongoing knee pain, stiffness, or reduced mobility, our online assessment can help you better understand your symptoms and whether GAE may be an option worth exploring.

Why Complete the Assessment?

✓Takes just a few minutes

✓ Helps identify symptoms associated with knee osteoarthritis

✓ Provides insight into available treatment options

✓ Determines whether you may be a suitable candidate for GAE

In just a few minutes, you can gain valuable insight into your symptoms and treatment options.

Click the button below to start your free assessment.

Start Your Free Assessment→

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Take Risk Assessment