

# Knee Ablation

If you are living with chronic, unmanageable knee pain, knee ablation can provide significant relief. This minimally invasive procedure targets the nerves responsible for transmitting pain signals from the knee, offering long-lasting alleviation of pain.

Our physicians at Vitruvian Health are experts in diagnosing and treating knee pain. We offer personalized treatment plans tailored to your specific needs, helping you return to the activities you enjoy.



## Knee Ablation



**Effective Pain Relief:** Knee ablation is highly effective for patients with chronic knee pain, providing significant pain relief by targeting and disrupting the nerves responsible for transmitting pain signals from the knee.



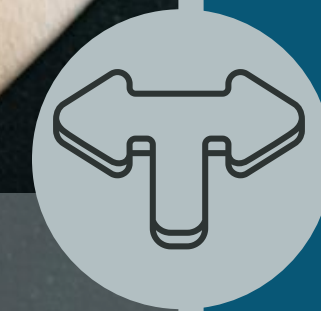
**Minimally Invasive:** The procedure is minimally invasive, involving a small needle and chemical agents, which results in less risk and a quicker recovery time compared to traditional knee surgery.



**Outpatient Procedure:** Knee ablation is typically performed on an outpatient basis, allowing patients to go home the same day and often return to normal activities the next day.



**Longevity of Results:** The pain relief from knee ablation can last several months to over a year, offering long-term relief for patients suffering from chronic knee pain.



**Alternative to Surgery:** For many patients, knee ablation provides an effective alternative to knee replacement surgery, particularly for those who are not candidates for surgery or prefer a less invasive option.

**Definition:** Knee ablation is a minimally invasive procedure designed to alleviate chronic knee pain by disrupting the nerves that transmit pain signals using chemical agents.

### Procedure:

- **Preparation:** The patient is positioned comfortably to access the knee area.
- **Guidance:** Using precise techniques, a small needle is inserted near the nerves around the knee joint.
- **Ablation:** Chemical agents are injected to ablate (destroy) the targeted nerves, reducing their ability to transmit pain.
- **Duration:** The entire procedure typically takes about 5 - 10 minutes and is conducted on an outpatient basis.

**Frequency:** Knee ablation can be performed as needed, depending on the patient's response to the treatment. The effects usually last several months, and additional sessions can be scheduled based on the patient's pain levels and overall condition.

**Expected Results:** Patients often experience pain relief within a few days of the procedure. The effects can last from several months to over a year, providing significant reduction in pain and improved mobility. This relief can facilitate participation in physical therapy and other rehabilitative exercises.

**Follow-Up:** Patients usually have a follow-up appointment to assess the effectiveness of the procedure and to discuss any further treatment if necessary. Most patients can return to their normal activities the day after the procedure, but they should avoid strenuous activities for a short period as advised by their physician.

At Vitruvian Health, our physicians are experts in diagnosing and treating knee pain. We provide personalized treatment plans tailored to your specific needs, helping you return to the activities you enjoy and improving your overall quality of life.

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