



## **Restore First Health Knee Pain Protocol**

Restore First Health offers the most up to date and refined programs for rejuvenating damaged and arthritic knees.

Your care will begin with a thorough review of your symptoms and joint evaluation with our medical team. When necessary, X-ray studies (and possibly an MRI or CT scan) will be performed to determine the extent of joint damage. Additional tests may be appropriate if nerve damage is suspected (such as nerve conduction testing).

A Physical Therapist will provide a consultation for post injection therapy.

### **WHAT HAPPENS NEXT?**

Once you have been evaluated as a candidate for therapy, we will schedule your first X-ray guided hyaluronic acid injection at the earliest time available. Before your first injection, you will also have an Arthrogram visit where we inject dye to ensure the joint cavity is intact and administer a steroid to "prep" the knee by clearing out as much inflammation as possible. We will also schedule your series of injections in order to maximize your treatment and ensure you get the time slots that are most convenient to you. If you have specific and sensitive time requests, we suggest you schedule as far out as possible to secure the exact time period you need for your therapy sessions.

You will receive a calendar of treatment and injections times as a reminder. Because of the extreme demand for this program, we ask that you adhere as closely to your schedule as possible.

Wear casual and comfortable clothing to your appointments to make access to the area being treated easier for the clinicians.

### **TREATMENT PROCESS**

Applying cutting edge research, we will introduce the hyaluronic acid, a viscosupplement, into your painful damaged joint via special motion x-ray, known as fluoroscopy for 100% accuracy. This application will be utilized once a week per each knee treated for a specified time, usually 3-5 weeks.

You will be fitted for a supportive brace that will be applied in order to take pressure off the joint and allow the injection to fully take course. It's important to comply with wearing the brace as this allows you to maximize results of the injection.

Under the guidance of the physical therapist, you will be evaluated for your post injection physical therapy to incorporate into your recovery and increase activity.

#### **HOW MUCH TIME WILL EACH VISIT TAKE?**

On days of your injection, plan to spend about 20 minutes for the injection procedure. It's important to also take it easy and minimize prolonged weight bearing activities for a few hours after your injection and the rest of that day, if possible. Ice should be applied to the knee throughout the injection day as well. Adhere to the treatment schedule, and wear the designated knee brace, to get the best results.

Physical therapy will be available following your appointment which is individualized to the patient's specific goals. This could take 30-60 minutes per session depending on the program specifics.

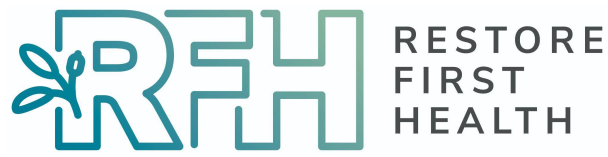
#### **WILL MY INSURANCE COVER THIS PROGRAM?**

Typically, most insurance carriers will pay for the program including injections, testing, and bracing. This includes Medicare, as well as most major medical policies. (You may have deductibles and/or co-insurance due)

Please give your insurance card to the front desk for verification prior to seeing the clinicians for your evaluation. We can even verify your benefits prior to your initial visit if you prefer.

## HOW DO I REFER OTHERS FOR THIS PROGRAM?

Please have your friends or loved ones call our office to set up a consultation and have them mention your name. We can also send informative packets to their home. We offer special gifts for referrals! Be sure to ask our front desk staff!



### Knee Program Protocol Reminders

- Please wear loose pants OR shorts to your appointments so we can properly access your knees.
- After you receive your knee brace or braces you do not need to wear them to your appointment but please bring them with you to each appointment.
- After each knee injection you may ice the knee injection site for 10 – 15 minutes 4-5 times daily for two days.
- After your knee injection please avoid strenuous exercise unless supervised by our physical therapist.
- OK for normal activities the next day!
- CALL us with any questions!

### Helpful Tips for Applying Knee Braces

1. **Position** opening (indent) of brace hinge to the outside of your kneecap and at the middle of your kneecap.
2. **Start** with the strap numbered **1 (First below kneecap)** keeping brace hinge opening at the outside of your kneecap and at the middle of the kneecap. When applying, put your hand behind the strap and give a tug to make it snug but not cutting off your circulation. Either buckle or fasten Velcro strap.
3. **Next** apply strap numbered **2 (Second below kneecap)**. Apply the strap so it is

snug placing your hand behind the strap and give a tug. Either buckle or fasten Velcro strap.

4. **Next** apply strap numbered **3 (First strap above kneecap)**. Apply the strap so it is snug placing your hand behind the strap and give a tug. Either buckle or fasten Velcro strap.
5. **Next** apply strap numbered 4 (**Very top strap**). Apply the strap so it is snug placing your hand behind the strap and give a tug. Either buckle or fasten Velcro strap.
6. You can apply your brace sitting, standing, or laying down.