



EXPERTISE IS EVERYTHING FOR | Knee

We Are Leaders in Knee Care

Your knee is the largest joint in your body making it one of the most complex. Because your knees get so much use, they are vulnerable to injury. And since they are made up of so many parts, a number of things can go wrong.

At **UBMD Orthopaedics & Sports Medicine**, our staff specializes in the treatment of the following knee problems:

- Cartilage defects
- Ligament injuries
- Meniscal tears
- Osteoarthritis

Get Back in Motion

If you've experienced pain, swelling or the feeling that your knee is giving way, you should visit **UBMD Orthopaedics & Sports Medicine**. Knee injuries, whether sudden or the result of years of wear, can be repaired multiple ways. Our goal is always to regain motion and stability.

Full Range of Services and Treatment Options

Many times, relieving pain and discomfort can be solved by surgery, exercise, training or simple therapy. The **UBMD Orthopaedics & Sports Medicine** experts have mastered techniques used to repair knee injuries and treat arthritic joints.

Non-surgical Treatments:

- Anti-inflammatory medications
- Dietary supplements
- Exercise programs
- Physical therapy
- Platelet rich plasma therapy (PRP)
- Steroid injections
- Viscosupplementation injections
- Weight loss programs

Surgical Treatments:

- ACL reconstruction
- Arthroscopy
- Autologous chondrocyte implantation
- Joint replacement
- Meniscal surgery
- Osteoarticular auto/allograft (OATS/Mosaicplasty)
- Osteotomy
- Patellar instability surgery



