

## Knee Pain Relief

### Description

# Knee Pain Relief

[Learn More](#)

## How Can Knee Pain Affect You

Knee pain can have a major effect on one's day-to-day life and can often times become a hindrance for simple activities that were once routine. Not dealing with knee pain as soon as it arises can be an extreme problem eventually leading to conditions such as osteoarthritis, where damage to the joint may occur over time. This can result in increasing levels of pain and eventual disability if left untreated. In Manhattan, experts like those at Move Well MD have expertise in knee pain diagnosis and treatment that helps reduce distress quickly and effectively, allowing people to get back to their full potential without an excessive amount of downtime allowing them to live their lives as they once did before, knee pain free. No knee pain issue should be left untreated especially without the critical eye of an expert, which is why we urge you to visit Move Well MD today if you are suffering from knee pain in the Manhattan area. Move well md have the best [Pain Management Doctors in Nyc](#). Knee Pain Treatment New York Knee Pain Specialist Manhattan

[Learn More](#)



[JOINT PAIN RELIEF](#)[LEARN MORE](#) [ACUPUNCTURE](#) [LEARN MORE](#) [SPORTS MEDICINE](#) [LEARN MORE](#) [KNEE PAIN RELIEF](#) [LEARN MORE](#) [PHYSICAL THERAPY](#) [LEARN MORE](#) [TRIGGER POINT INJECTIONS](#) [LEARN MORE](#) [PHYSICAL REHAB](#) [LEARN MORE](#) [SHOULDER PAIN RELIEF](#) [LEARN MORE](#) [BACK PAIN RELIEF](#) [LEARN MORE](#) [SCIATICA](#) [LEARN MORE](#) [NECK PAINS/MIGRAINE](#) [LEARN MORE](#) [CHIROPRACTIC](#) [LEARN MORE](#)

[Previous](#)  
[Next](#)

## [Joint Pain Relief](#)

[LEARN MORE](#)

## [ACUPUNCTURE](#)

[LEARN MORE](#)

## [SPORTS MEDICINE](#)

[LEARN MORE](#)

## [KNEE PAIN RELIEF](#)

[LEARN MORE](#)

## [PHYSICAL THERAPY](#)

[LEARN MORE](#)

## [TRIGGER POINT INJECTIONS](#)

[LEARN MORE](#)

## [PHYSICAL REHAB](#)

[LEARN MORE](#)

## [Shoulder Pain Relief](#)

default watermark

[LEARN MORE](#)

## [Back Pain](#)

[LEARN MORE](#)

## [Sciatica](#)

[LEARN MORE](#)

## [Neck Pain/Migraines](#)

[LEARN MORE](#)

## [Chiropractic](#)

[LEARN MORE](#)

default watermark

## **What TO Know Before You GO**

### [What Causes Knee Pain?](#)

The knee is a complex joint, so a lot of things can go wrong. In fact, knee pain is one of the most common patient complaints in the U.S.

Pain is a symptom of something bigger going on inside the joint that might include basic wear and tear, undiagnosed injury or even a disease like gout. The good news is that in most forms of knee pain, the response to some basic medical and self-care approaches is good. A specialist like you'll see at Move Well MD is able to put together a plan that can improve joint flexibility and reduce inflammation. Knee Pain Treatment New York Knee Pain Specialist Manhattan

### [What Are Some Symptoms Of A Knee Joint Problem?](#)

Pain is a pretty obvious symptom that there is a problem with this joint, but not the only one. By the time your knee hurts, most of the damage is done. Ideally, patients would seek treatment before that happens. Some other symptoms to watch for include:

- Swelling on and around the knee
- Joint stiffness

- Redness or warmth
- Instability
- Popping or crunching
- Difficulty straightening

Any one of these problems, or a combination of them, can indicate potential knee issues that need medical treatment.

### [When Should Someone Seek Help For Knee Pain?](#)

Any pain is worth checking out. Make an appointment at Move Well MD if you notice marked knee swelling, you can't bear weight on the leg or if the joint feels unstable.

### [What Are Common Conditions That Cause Knee Pain?](#)

It's a long list, but some of the more common issues include:

- ACL tear
- Torn meniscus
- Bursitis
- Tendonitis
- Osteoarthritis
- Iliotibial band syndrome
- Gout
- Septic arthritis

During your appointment, Dr. Gruen will evaluate your knee health to determine the cause.

### [Are There Risk Factors For Knee Pain?](#)

It's a problem that can affect anyone, but there are some risk factors such as:

- Excess weight
- Poor muscle strength
- Sports play or physical activity
- Previous injury

### [What Treatments Provide Knee Pain Relief?](#)

It will depend on a number of factors including the exact cause of the pain. Most knee problems respond well to physical therapy and innovative treatments to promote healing like stem cell therapy, especially when combined with lifestyle changes and home care.

At Move Well MD in Manhattan located in the downtown financial district of lower Manhattan, NY, NY 10038, we use an integrated system of care to relieve pain, improve range of motion and help you to move well again! We are just a few short path train stops away from Hoboken, NJ and Jersey City, NJ.

*Kathy Z?????* [Read More](#)

Best care I have ever received from a medical provider. Everyone here really cares and is clearly very knowledgeable. I saw another provider before who did not take the time to actually make a diagnosis – received one here on my first visit. Doctor is experienced and works with your comfort level. Highly recommend!

*Christine Y?????* [Read More](#)

Now a regular patient of MoveWell, all the doctors and staff continue to provide exceptional and professional services for me. They are personable, kind, patient and supporting of my ongoing pain. Thank you once again!

*Bradley A?????* [Read More](#)

Dr. Ben and the staff are the best I feel like Family every time i come to the office. My first visit to the office was almost 2 years ago because of a sever neck crank during sparring i couldn't look to my right for almost 2 weeks. So I tried Move Well for relief because it was in the area and thank goodness I did. After the first visit I already had almost full range and mobility of my neck.

*Michael ?????* [Read More](#)

I've been a regular patient at Move Well for over 6 years. Dr Ben has truly helped me stay in good physical shape well into my 40s. Any aches and pains are immediately alleviated as a result of my weekly visits. Ask about the acupuncture, it's been a great addition to my routine.

*John K?????* [Read More](#)

Dr. Ben and his staff are the best! Receptionist were very friendly and I did not wait at all for my appointment. The doctor spent alot of time with me and explained very well what he was going to do. That made me feel very comfortable. Highly recommend!

*Raina C?????* [Read More](#)

Move Well MD is a one stop shop for holistic chiropractic care. Dr. Ben is fantastic as well as all of the team members there. What's best about this office is that they offer multiple different pain remedies from adjustments, massage, acupuncture and injection therapy.

[Previous](#)

[Next](#)

## Ask Our Knee Pain Relief Specialist In Manhattan

At Move Well MD, we strongly encourage those with knee pain to contact our Manhattan knee pain relief specialist for further assistance. Our team of experienced professionals are committed to providing comprehensive services and treatments so that our patients can live a life free of pain. We understand that dealing with knee pain can be a difficult and often daunting task, which is why we strive to make the process as easy and comfortable as possible.

Our specialists have years of experience in treating knee conditions, and they are dedicated to providing individualized treatment plans tailored to each patient's unique needs. Through our advanced therapies and treatments, we aim to reduce or eliminate chronic knee pain and discomfort quickly and safely. Knee Pain Treatment New York Knee Pain Specialist Manhattan

[Book Appointment](#)

**Date Created**  
February 2023  
**Author**  
ivan\_seoclinic

default watermark