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**FREE REPORT**  
Chronic Back  
Pain Relief

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NEW JERSEY PATIENTS CAN GET RELIEF OF  
KNEE JOINT PAIN

NJ KNEE PAIN SPECIALISTS TREAT  
SEVERE KNEE PAIN



Knees... we use it for just about everything - bending, kneeling, standing, sitting, walking and running. They must be able to bend, twist, rotate and straighten, as well as bear the entire weight of the body. Is it any wonder that it's the most easily injured part of the body?

Getting professional knee pain treatment in New Jersey is a key factor to a healthy recovery from knee pain. At the AIMS Clinic, we have assembled a unique team of highly qualified Board Certified Medical Specialists and Therapists to deliver the areas highest rated pain relief.

The knee is the largest joint in the body - made up of the femur (lower end of the thigh bone), which rotates on the upper end of the tibia (shin bone) and the patellae (knee cap), which slides in a groove on the end of the femur. Large ligaments attach to the femur and tibia for

stability.

One day, a sudden jerk to the knee and... PAIN! You may start to walk with a limp, notice swelling and tenderness around the knee area, the knee joint may lock (inability to bend) or give way. You may even experience a grinding sound while moving or a popping sound. We often hear:

*"When I walk down the stairs, my knees make grinding sounds!"*  
*"My knees just gave out while I was walking... and I fell!"*

Knee pain is an extremely common complaint, with a multitude of causes. Many people suffering with knee pain come to the AIMS Clinic to get knee pain relief after sustaining an automobile or sports injury. We find that knee ligament injuries often result from a quick twist or blow to the knee joint. Additionally, we observe stretching or tearing of the anterior cruciate ligament (ACL) and the medial collateral ligament (MCL) occur more often than damage to the lateral collateral ligament (LCL) and posterior cruciate ligament (PCL). Other causes of knee pain include arthritis, bursitis, vigorous exercises, dislocated knee cap, patellar tendonitis, cartilage injuries, Osgood-Schlatter Disease (a condition seen in adolescents, due to irritation of the growth plate just at the front of the joint) and a meniscal tear. At the AIMS Clinic, we specialize in finding the cause of knee pain!

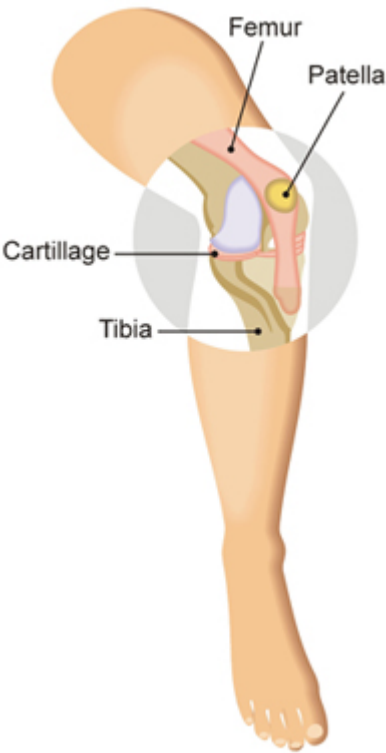
Successful treatment of knee pain depends completely on finding the cause. Our Board Certified Medical Doctors and Physical Therapists utilize specific diagnostic tests and evaluations to determine the cause of knee pain. Analysis is based upon the patient's health history, x-rays and/or MRI findings and a physical therapy examination. It is important to keep in mind that pain may appear to be coming from the knee, but other anatomical components are usually involved, necessitating rehabilitation. These areas may include the low back, hip, pelvis, leg, quadriceps and hamstring muscles, foot and ankle. Once again, locating the true cause of pain is the only way to successfully eliminate knee pain and prevent it from returning!

Physical therapy is an important aspect in treating almost all orthopedic conditions, especially knee pain. Our team of physical therapists utilize various techniques and exercises (quadricep, hamstring and calf strengthening exercises; low-impact cardiovascular exercises) to increase strength and muscle endurance, regain mobility and help return patients to their pre-injury level of activity. If weak muscles surround the hip - a factor of knee pain, strengthening the hip stabilizing muscles are essential and part of the knee pain treatment program. Therapists may utilize heat and/or ice (to reduce inflammation and muscle spasm) and stretch the muscles surrounding the joint to help reduce knee pain. Our focus is also on balance - helping to prevent a new injury. Custom orthotics may be recommended to provide the correct support for the knee while healing.

If you are experiencing severe knee pain, treatment options are available. We can help you. Consult with a member of our highly trained medical staff for a diagnosis of the cause of your pain. Once the cause has been identified, a systematic knee pain treatment plan can be created specifically to meet the needs of your body and provide you with knee pain relief. In addition, a course of treatment can correct any underlying problems that may have caused your pain in the first place. Additional treatment options offered include Acupuncture, Pain Management and Chiropractic.

To read more about knee pain relief, [click here](#).

**Call New Jersey's own Alternative Integrated Medical Services today at 732-254-5553 and receive a FREE Initial Consultation.** Our goal is to provide the most advanced and compassionate pain relief. Our Team of Experts and friendly staff at your local East Brunswick, NJ AIMS Clinic, will help you reduce or eliminate pain and improve function. As our patient, we will teach you how to regain your health with our revolutionary new treatment program.



Schedule a  
**FREE Consultation**  
Feel better tomorrow

Get Started Now!

Our Location  
**COME SEE US**

150-A Tices Lane  
East Brunswick, NJ 08816  
Tel: (732) 254-5553  
Toll Free: (866) 254-5553

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**PATIENT OF THE  
MONTH**

**Click here** to read about our Patient of the Month: Elizabeth McKay

**Click for events!**

To schedule an event for your organization, please call (732) 238-2944.

**Office Hours**

Monday: 8:30am - 7:00pm  
Tuesday: 8:30am - 7:00pm  
Wednesday: 8:30am - 7:00pm  
Thursday: 9:00am - noon  
Friday: 8:30am - 7:00pm  
Saturday: 9:00am - noon