



Causes and Treatment of Knee Pain | Dr. Divyanshu Dutt Dwivedi

Are you struggling with knee pain?

Knee pain is a common issue that can affect people of all ages, making everyday activities like walking, bending, or standing difficult. It can arise due to various reasons, including:

- ♦ Osteoarthritis
- ♦ Ligament damage
- ♦ Inflammation
- ♦ Repetitive strain
- ♦ Infections

But don't worry—effective treatment options are available! You can manage and reduce knee pain through:

- ✓ Rest
- ✓ Heat and ice therapy
- ✓ Physical therapy
- ✓ Gentle stretching exercises
- ✓ Weight management

Take charge of your joint health today! Consult Dr. Divyanshu Dutt Dwivedi, one of the [Best knee replacement surgeon in Lucknow](#), specializing in joint replacement and arthroscopy. With expert care and personalized treatment plans, we can help you return to a pain-free and active lifestyle.

KNEE PAIN

Causes

- Osteoarthritis
- Damage to ligaments
- Inflammation
- Repetitive movements
- Infections

Treatments

- Rest
- Heat and Ice Therapy
- Physical Therapy
- Exercise (Gentle stretches)
- Weight Management



Knee pain is a common issue affecting people of all ages. It can range from mild discomfort to severe pain, impacting daily activities like walking, bending, or standing.



CONSULT US TODAY WITH AN
EXPERT **ORTHOPEDIC SURGEON**

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Don't let knee pain hold you back—book your consultation today!