

# Cooled Radiofrequency Ablation for Knee Pain



## Overview

Genicular Neurotomy, also known as Radiofrequency Ablation or RFA, is an innovative treatment option for treating knee pain without surgery. This highly advanced procedure applies a sophisticated type of radio wave to the nerves surrounding the knee.

Cooled radiofrequency ablation of the knees is a minimally invasive, safe, effective means of controlling knee pain. For those who are not a candidate for knee surgery, cooled radiofrequency ablation is an option.

Knee pain is a very frustrating and common problem. The first step of osteoarthritis is physical therapy and over-the-counter medications, followed by injections. While surgery is an accepted treatment option for patients, it is not always the best or most convenient. In these cases, RFA is a safe and successful alternative to joint replacement. Some have pain that persists after surgery. Traditionally in these unfortunate cases, patients had few options, if any, that did not involve additional surgery that was rarely successful. With RFA, patients can look forward to pain relief without any further surgeries.

## This procedure may be recommended to treat the following:

- Degenerative joint disease of the knee.
- Chronic knee pain.
- Knee replacement recipients.

## The procedure

At the discretion of the physician, a small dose of steroid injection may be used. If a steroid injection is not used, the entire procedure is performed outside the knee capsule, making it ideal for use before or even after knee surgery if necessary. This is what allows it to succeed where procedures like cortisone injections, hyaluronic acid injections and even surgery fail. In fact, this procedure can be done up to 1 month before knee surgery and even after surgery.

## After the procedure

Pain relief from RFA can last from 9-18 months and in some cases even years. More than 70% of patient's experience relief.

## What to expect

### Side effects of RFA include:

- Discomfort
- Swelling
- Bruising at the site of treatment

