

Benefits and **risks**

Benefits of the genicular RFA procedure

- Long-lasting pain relief^{3,4,5}
- Functional improvement⁵
- Complications tend to be rare¹¹
- Procedure can be performed in 30 min or less¹¹

Possible risks of the genicular RFA procedure¹¹

It is important to know the risks associated with any medical or surgical treatment. There are a few risks associated with genicular RFA and they tend to be rare. The potential risks include, but are not limited to, the following:

- Immediate or delayed allergic reaction to anesthetics/contrast
- Infection
- Bleeding
- Complex regional pain syndrome
- Temporary increase in pain
- Transient facial flushing

Please consult with your doctor for the full list of possible side effects related to the genicular RFA procedure.

Understand what's **causing your pain**

Contact us to schedule a consultation:

Visit strykerIVS.com
to find a practitioner in your area

Interventional Spine

Find bibliographic information online at strykerivs.com/footnotes/genicular-rf-patient-brochure

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Knee radiofrequency ablation

Explore
alternatives to
**living with
knee pain**



**Approximately 25% of older
adults experience knee pain^{1,2}**

Radiofrequency ablation (RFA) can
provide long-lasting knee pain relief^{3,4,5}

Approach knee pain with a **therapeutic alternative**

Understanding chronic knee pain

Osteoarthritis (OA) is one of the leading causes of pain and disability in the knee.⁶⁻⁷ This condition occurs when the protective cartilage that cushions the end of the bones breaks down, which causes the bones within the joint to rub together. When this happens, the result can include pain, swelling, stiffness and other symptoms.^{6,8-9} Treatment for knee OA often begins with a combination of exercise, weight loss, physical therapy, pain medications, knee braces, joint injections (corticosteroids or hyaluronic acid) and/or other nutritional supplements. If these treatments do not work, surgery may be an option.^{7,10} There are some patients who are not able to undergo surgery or want to avoid surgery. For other patients, pain and impaired function continues after surgery. In these cases, knee RFA (also known as genicular RFA) may be an option to treat knee pain.¹¹

Genicular RFA is an innovative option for treating knee pain without surgery. By selectively applying a radiofrequency waves to the nerves surrounding the knee, one can effectively relieve pain in the knee. There is no steroid used in this procedure. In fact, no medication is injected into the knee joint at all. The entire procedure is performed outside the knee joint making it ideal for use before or even after knee surgery if necessary.¹¹

Contact your doctor if you're exhibiting any of these knee symptoms:¹²

- Gradual increase in pain
- Swelling or tenderness
- Buckling and locking
- Cracking or popping sounds
- Poor range of motion
- Loss of joint space
- Deformities of the knee

The procedure and **what you can expect**

Preparation¹³

In preparation for the procedure, the patient may be given an IV and a mild sedative to help relaxation. The skin of the knee is cleansed and sanitized. The doctor numbs the skin with local anesthetic.

Ablation¹³

Using a fluoroscope (a type of x-ray device that shows video images from within the body), the doctor carefully guides a needle through the skin and down to the target nerve. A thin electrode is passed through this needle. When the electrode is activated, it heats up the nerve. This heating process, called ablation, is not painful. It will eliminate the nerve's ability to transmit pain signals. The ablation process is repeated at other locations to treat the genicular nerves around the knee.

End of procedure¹³

When the procedure is complete, the knee is bandaged. The patient is monitored for a short time before being released. The leg may feel numb for a short time after the procedure until the anesthetic wears off. Pain relief should begin immediately, and may last for several months.

Procedure **overview**

Overview of genicular RFA procedure¹³

The doctor uses a radiofrequency device to heat up and disrupt the genicular nerves. These are the sensory nerves that transmit pain signals from the knee to the brain. Disrupting these pathways can provide long term relief from knee pain.³⁻⁵

