

Knee Pain & Joint Pain Chart -Comparative Analysis of Therapies

Therapy	Benefits	Drawbacks	Typical Use
Medications	Quick pain relief, widely available	Possible side effects, temporary solution	Mild to moderate joint pain, early-stage knee pain management
Physical Therapy	Improves strength, function, and mobility	Requires commitment and regular sessions	Most joint pain and knee pain cases, post-injury, post-surgery
Surgery	Long-lasting relief, restores severe damage	Risks, recovery time, cost, sometime a lot of pain after surgery and continued pain.	Severe knee pain, advanced joint disease
Weight Management	Reduces stress on joints, improves overall health	Requires lifestyle changes or GLP1 to help you lose weight	All stages, preventive and supportive for knee pain and joint pain
Exercise	Strengthens joints, boosts mood and energy	May worsen pain if overdone or done incorrectly. Ideally the stationary bike is good for knee pain.	All stages, preventive and supportive for knee pain and joint pain
Stem Cell Injections	Regenerate and repair damage, minimal downtime	Good results, cost, no down time, Fast recovery	Moderate to severe cases, Alternative therapy
PRP Therapy	Uses your own blood, promotes healing	Good results, no down time, fast recovery	Moderate cases, sports injuries, arthritis, Alternative therapy
Wharton's Jelly	Has huge regenerative potential. This uses some stem cells and ligament growth factors.	Good results. More affordable than stem cells but includes some stem cells and growth factors.	Chronic cases, advanced damage, Alternative therapy
Ozone Therapy	Anti-inflammatory, Pain relief, may speed healing	This is one of the cheaper options and has great results for people.	Alternative therapy
Hyaluronic Acid Injections	Cushions joint, improves movement	Temporary relief, multiple sessions needed, cost	Osteoarthritis, mild to moderate knee pain and joint pain
Botox	Reduces pain and muscle tension	Short-term effect, multiple sessions needed, cost	Specific joint conditions, muscle-related knee pain

Contact Information

Note: Day Spring Wellness Medical Center offers all these therapies except surgery, physical therapy, exercise, and some pain medications for which we prefer not to provide a prescription. Please consult with our team for more details about available treatment options.

For more information, support, or to schedule a consultation, please contact:

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