



MODERN ORTHOPAEDICS: A SMARTER APPROACH TO KNEE PAIN

BY KATIE DAVIES

An active, independent lifestyle is something many people value deeply. Whether it is long walks, gardening for hours at a time, playing golf, tennis, riding horses or simply keeping up with grandchildren, people expect to move well and stay moving. That is why knee pain can feel so frustrating. It slowly chips away at confidence, mobility and quality of life.

For many people, the first instinct is simply to “put up with it.” Others assume surgery is inevitable. The reality is far more nuanced.

Over the last few years, I have had the privilege of working alongside Consultant Orthopaedic Surgeon **Mr Nadim Aslam**, helping patients understand that knee pain is not just something to endure, nor is surgery always the immediate answer. Some people absolutely do require surgical intervention and when they do, having an experienced and highly respected knee specialist matters enormously. But for a very large number of patients, the most effective treatment pathway begins with conservative management.

That philosophy is at the heart of our work and one of the reasons we are so pleased to announce the opening another location at New Barn Close Surgery in Broadway.

The expansion reflects something we have seen repeatedly across the region: more people are looking for expert assessment, honest advice and practical solutions before rushing into invasive procedures.

Osteoarthritis is one of the most common causes of knee pain, particularly from the age of 45 onwards, although we increasingly see it in younger patients too. It is often described as “wear and tear,” but that phrase does not really capture the complexity of the condition. Osteoarthritis involves changes to cartilage, bone, joint lining, surrounding muscles and even the way the nervous system processes pain.

What patients experience is stiffness, swelling after activity, difficulty climbing stairs, aching at night or a feeling that the knee simply no longer feels trustworthy.

The important point is this: pain does not always correlate neatly with the severity of arthritis seen on an X-ray.

Some patients with relatively modest arthritic change can experience significant pain, while others with advanced degeneration continue to function surprisingly well. That is why expert clinical assessment matters so much.

Mr Aslam has built an outstanding reputation for taking a measured, evidence-based approach to orthopaedic care. What patients often comment on after seeing him is not only his surgical expertise but also the reassurance that comes from being genuinely listened to. In an age where healthcare can sometimes feel rushed, that matters.

Our shared approach focuses on understanding the individual behind the scan.

How active are they? What activities matter most to them? What are they trying to get back to? What have they already tried? What are their concerns?

These conversations shape treatment.

Conservative management is sometimes misunderstood as “doing nothing.” In reality, it can be highly targeted, proactive and extremely effective.

For some patients, relatively small adjustments make a dramatic difference. Strengthening the muscles around the knee, particularly the quadriceps and gluteal muscles can significantly reduce joint loading and improve stability. Weight management, even in modest amounts, can substantially reduce pressure through the knee joint. Activity modification does not mean stopping exercise altogether; it means finding smarter ways to stay active without repeatedly aggravating symptoms.

We also look carefully at biomechanics, movement patterns and lifestyle factors. Sometimes patients have spent years unknowingly compensating for pain in ways that create additional strain elsewhere.

Injection therapies may also have a role in selected cases, alongside structured rehabilitation programmes and physiotherapy.



One of the most rewarding parts of this work is seeing patients regain confidence in movement.

I remember one patient who arrived convinced she needed a knee replacement because she had stopped walking her dog due to pain. After a thorough assessment and a focused rehabilitation plan, she gradually rebuilt strength, improved her walking tolerance and returned to daily countryside walks she thought she had lost forever.

Another patient, an enthusiastic golfer, feared her playing days were over. What she actually needed was a better understanding of load management, specific strengthening work and a clearer plan for flare-ups.

These stories matter because they challenge the common assumption that pain automatically equals surgery.

Of course, there are situations where surgery becomes the right option. Severe osteoarthritis that significantly limits quality of life despite appropriate conservative treatment can be life-changing when managed surgically. Knee replacement surgery has advanced enormously, and for the right patient, at the right time, outcomes can be excellent.

What matters is timing and patient selection.

That is where experienced orthopaedic input is invaluable.

Mr Aslam’s expertise allows patients to navigate that decision-making process with clarity rather than fear. Patients appreciate honest conversations about what surgery can realistically achieve, what recovery involves and whether alternative approaches should be explored first.

The opening of our new clinic at New Barn Close Surgery represents more than simply another location. It reflects our commitment to making high-quality musculoskeletal care more accessible within the community.

Too often, people wait months or even years before seeking advice because they assume knee pain is “just part of getting older.” While ageing can certainly contribute to joint change, persistent pain should never simply be ignored.

Early intervention frequently leads to better outcomes.

Addressing weakness, stiffness and altered movement patterns before symptoms become severe can help patients maintain activity levels for longer and, in some cases, delay or even avoid the need for surgery altogether.

As someone who works closely with patients every day, I see how deeply musculoskeletal pain affects more than just joints. It impacts confidence, independence, social life, sleep, fitness and mental wellbeing.



People stop travelling. They stop exercising. They stop seeing friends. They stop doing the things that make them feel like themselves.

Helping someone regain that freedom is incredibly rewarding.

What we offer our patients is a calm, expert-led environment where patients feel informed rather than overwhelmed. Somewhere they can receive specialist orthopaedic insight combined with practical, realistic management strategies.

Ultimately, the goal is simple: keeping people active, mobile and enjoying life for as long as possible.

Because knee pain should not define the way you live.

And with the right assessment, the right guidance and the right team around you, it often does not have to.

For general enquiries or to arrange a consultation, please contact our Bookings Team on 01905 362003 where a concierge-style, seamless approach to care is provided under the guidance of Katie Davies, ensuring support and coordination throughout every stage of the patient journey.



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