

For Immediate Release

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OrthoNY Physician Offers Innovative Pain Management

Dr. Amar Parikh freezes away the pain for chronic sufferers

(ALBANY, NY) – OrthoNY is pleased to offer patients an alternative to opioid treatment for chronic pain. Dr. Amar Parikh, a board-certified physiatrist highly skilled in pain management, is now fully trained to freeze away pain using Iovera, an FDA-approved cryoanalgesic.

This cold therapy can target and turn off sensory nerves to the knee, providing an effective pain management strategy for patients with chronic knee osteoarthritis. Iovera patients can expect to experience relief within a 20-minute office visit, and benefits may extend up to five months, allowing patients to resume physical therapy and achieve their optimal exercise goals. The treatment can also mitigate post-operative pain associated with knee replacement surgery.

“Arthritic knee pain has nearly quadrupled in the last 20 years,” stated Dr. Parikh. “As physicians seek opioid-sparing tools for pain management, increasing research has focused on the sensory nerve supply to the knee. In 2017, the FDA approved Myoscience’s Iovera, which can be used to target and turn off sensory nerves through cold therapy, literally freezing away pain.”

Dr. Parikh added, “Since there is no active medication used, there are no systemic side effects or drug interactions. And patients who are treated before undergoing total knee

replacement could potentially have less post-op discomfort, require fewer pain-relieving drugs and be able to participate in a more robust physical therapy program returning them to regular activity even sooner.”

“We are excited to offer this remarkable new pain management option,” remarked Julie Shaw, CEO. “It shows tremendous potential to decrease, and even avoid, opioids for chronic pain treatment. Ultimately, this cryoanalgesic care promises another way for us to continue Saving Lifestyles for our patients.”

To schedule an appointment, please call (518)489-2663, or visit www.orthoNY.com.

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OrthoNY is a group of 39 physicians, 26 physician assistants and nurse practitioners, and close to 275 others Saving Lifestyles through whole orthopaedic care. The practice has ten locations in the greater Capital/Saratoga Region, including two physical therapy centers, three pain management suites and three orthopaedic urgent care sites. For more information, visit www.orthoNY.com.