

Treat your knee pain, and get back to your life.

Close to 20% of people suffer from chronic, persistent knee pain. Fortunately, surgery is no longer the only option. Today, a 30-minute outpatient procedure, called Coolief can alleviate pain for a year or more. It's performed by the anesthesiologists at Providence Anesthesiology's Interventional Pain Center.

How does the Coolief procedure work?

Coolief is a minimally invasive procedure that uses cooled radiofrequency energy to safely treat chronic knee pain. It heats and cools the knee tissue, targeting the sensory nerves that are causing the pain -- offering relief for up to 24 months.

Coolief is an ideal option for patients with failed knee replacements, those who are working to become healthy enough for surgery and those who simply wish to avoid surgery.

Does the procedure hurt?

Pain is rare, because unlike surgery, Coolief involves no incision. Some patients do experience mild discomfort at the radiofrequency site, but this can be managed with over-the-counter medication. Most patients go home shortly after the procedure.

How soon will I feel relief?

Patients begin to feel pain relief within a week for two. Some report long-lasting relief, while others may require additional treatments.

When can I return to my normal activities?

Patients generally return to work and normal everyday activities within several days, although recommendations will vary based on the individual.