

# Knee Pain Doctor in Dwarka - Dr Gholam Sarwar Sr Physiotherapist

If you are searching for expert, non-surgical care for joint problems, [\*\*Knee Pain Doctor in Dwarka\*\*](#) – Dr Gholam Sarwar, Senior Physiotherapist offers trusted and result-oriented treatment. Knee pain can develop due to osteoarthritis, ligament injuries, sports strain, post-surgical stiffness, or age-related weakness. When left untreated, it may limit movement and affect daily activities.

Dr Gholam Sarwar, a highly experienced Senior Physiotherapist, specializes in identifying the underlying cause of knee pain rather than only treating symptoms. His approach begins with a detailed physical assessment, movement analysis, and posture evaluation. Based on this, he creates personalized physiotherapy programs that focus on pain reduction, muscle strengthening, joint stability, and improved flexibility.

Treatment plans often include advanced physiotherapy techniques, manual therapy, electrotherapy, corrective exercises, and lifestyle guidance. Dr Sarwar strongly emphasizes conservative, non-invasive care to help patients avoid surgery whenever possible. For post-operative or chronic knee conditions, he provides structured rehabilitation programs to ensure safe and long-lasting recovery.

Recognized as a leading knee pain doctor in Dwarka, Dr Gholam Sarwar is known for his patient-centric care, modern treatment methods, and consistent results. His goal is to help patients regain mobility, confidence, and a pain-free, active lifestyle.