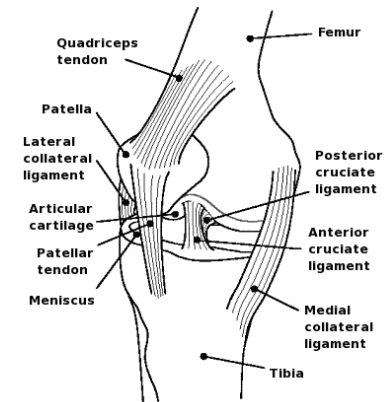


# What is causing my knee pain?

The knee is made up of various tissues including bone, muscle, cartilage, tendons and fluid.

When any of these structures is hurt or becomes inflamed they have the potential to produce pain and affect your daily life or sporting activities.

Similarly, the knee is prone to growth and alignment issues. The team at Physica are well trained to diagnose and manage your knee pain.



lateral view of the knee

## What causes knee pain?

### Acute injuries

Acute knee injuries can occur from direct trauma to the knee or by sharp pivoting or twisting movements whilst standing on the injured leg. The main structures damaged in these types of injuries are the ligaments or knee cartilages (meniscus) and result in pain, swelling and weakness of the knee.

### Ligament strain

Ligaments are short tough bands of fibrous tissue in place to help support and stabilise your knee. Damage to these structures usually occurs from trauma or pivoting movements on the injured leg. If you have any knee pain or feel your knee is unstable after such events, it is important to be properly assessed by your physiotherapist in order to determine the location and severity of the tear to establish a suitable rehabilitation plan.

### Meniscal / Cartilage Tear

The meniscus of the knee acts as a cushion and stabiliser of the knee. Unfortunately it does not have the ability to be injured with any twisting movements of the knee whilst the foot is planted on the ground.

This usually results in the symptoms described earlier as well as clicking noises and catching /giving way with knee movements.

## What can a Physiotherapist do?

### Management

#### Patello-femoral joint syndrome

The patello-femoral joint is the joint involving your knee cap (patella) and it can be put under undue stress due to the factors discussed above. This stress may result in pain in the area during activities such as going up /down stairs, doing squats or even running, and is a common source of pain and dysfunction in many up to 20% of the population.

#### Patella Tendonopathy

The patella tendon joins your knee cap to your shin bone (tibia). Irritation to this tendon is also known as "jumper's knee" because it is usually associated with excessive jumping on hard surfaces as seen in such sports as basketball and volleyball.

#### ITB syndrome (Iliotibial band)

This condition usually occurs in athletes who are running or cycling for long distances. Towards the end of our workout we often get tired and fatigued. With fatigue often our running or cycling technique changes and with this change in technique parts of the knee are put under more stress than others. It is when the outside of the knee is put under this stress that the ilio-tibial band can become irritated and then painful.

Physiotherapy is essential in the management of overuse injuries to the knee to establish not only the structures at fault, but also the underlying causes for those specific structures to fail.

Physiotherapists at Physica are able to conduct running and bike assessments to address any biomechanical problems via technique correction or bike set ups.

Muscle imbalances can also be treated in a timely fashion via; soft tissue massage, Dry Needling (western acupuncture) and Strength and stretching exercises.

Your physiotherapist can also give you the best advice on your training with regard to training surfaces, footwear, and the amount of training to avoid injury

### Arthritis

Osteoarthritis is the most common form of knee pain. This type of knee pain builds gradually over a period of years and is often accompanied by stiffness and occasionally joint swelling. There are many things that physiotherapists can help knee arthritis sufferers with but it is important to act early when any knee symptoms arise.

Your Problem is:

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Suggested /Planned Management:

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Specific Advice:

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- Exercises
- Hydrotherapy
- Braces
- Weight loss
- Manual therapy
- Balance retraining
- Strength work
- Conditioning

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# KNEE PAIN

## Helpful Hints

