

## WHAT IS KNEE PAIN?

Knee pain can be experienced by any age and is usually related to an injury, old age or sports activity of a repetitive nature. The pain can be anywhere over the knee.

## WHY DOES KNEE PAIN OCCUR?

Injury to the knee frequently occurs with activities involving sudden changes in direction or twisting movements. An external force, such as a blow to the side of the knee, can also result in injury to the supporting structures around the knee.

The structures commonly damaged can be the ligaments, which run on both sides of the knee and also through the joint itself, and the cartilage – a structure found on the joint surfaces which helps with shock absorption during activity.

Alternatively running may cause tracking problems with the knee – see patellofemoral pain information sheet. Age affects the loading joints and Osteoarthritis can affect the knees also.

## WHAT SYMPTOMS MAY I EXPERIENCE?

- Pain and swelling
- Restricted range of movement
- Increase in pain with weight-bearing and activities involving directional changes or twisting
- Feeling the knee giving way on movements



## HOW CAN PHYSIOONE ASSIST?

- Soft tissue massage to help reduce muscular tension and the consequential pain and swelling resulting
- Ultrasound to help decrease swelling and promote healing during the initial inflammatory stage
- Manual therapy, such as joint mobilizations to improve range of motion
- Specific exercises for weak muscles and progressions
- Stretching of certain groups of tight muscles
- Recommendations for taping/braces to stabilize the knee joint
- General exercise programmes for fitness and strengthening