

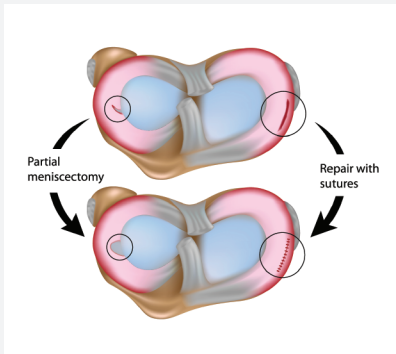
# Knee Trauma



## The conditions

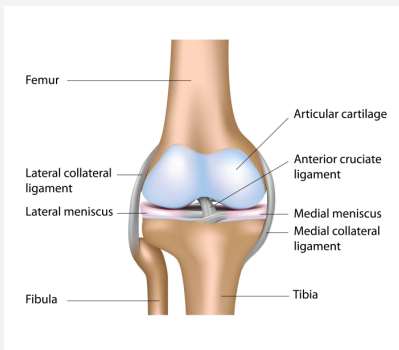
- Trauma of the Knee
- Ligament Tears
- Menisci (cartilage)
- Osteoarthritis (OA) of the Knee
- Patellofemoral Syndrome

## Meniscus tear and treatment



A tear in the medial meniscus.

## Anterior view of the right knee



The cruciate ligaments are important in stabilizing the knee.

## About the conditions

Knee Injuries are common in activities that involve twisting movements or sudden changes in direction. This can result in damage to a number of structures, commonly the ligaments, or the menisci (cartilage). The ligaments normally help restrict unwanted movement in the knee, and menisci act as 'shock absorbers' as assisting the ligaments in making the knee stable. Ligamentous injuries can range from mild sprain or stretch, to a total tear. Osteoarthritis (OA) refers to normal age related changes to the joint structures. As these changes progress, they can lead to pain and stiffness which need management.

## Usual symptoms include

- Initially pain, swelling and sometimes bruising or redness. Sometimes clicking, locking and giving way can occur in the knee.
- Decreased knee movement, and limited ability to do things such as climb stairs, walk, squat
- Pain on weight-bearing particularly if there is twisting or sudden changes in direction.
- With arthritic change there is morning stiffness of the knee and a loss of range where the knee can't fully bend or straighten.

## What we can do to help

- We may use ice, heat, acupuncture, bracing and strapping to relieve pain and swelling, promote healing and stabilize the injured area.
- We use manual therapy (massage and joint techniques) to restore the range of pain-free movement.
- We progressively strengthen the knee by teaching you specific exercise and help you stretch the tightened structures.
- We progressively return you to daily and sporting activities.

Your local Active+ clinic:

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