

Knee Pain



The conditions

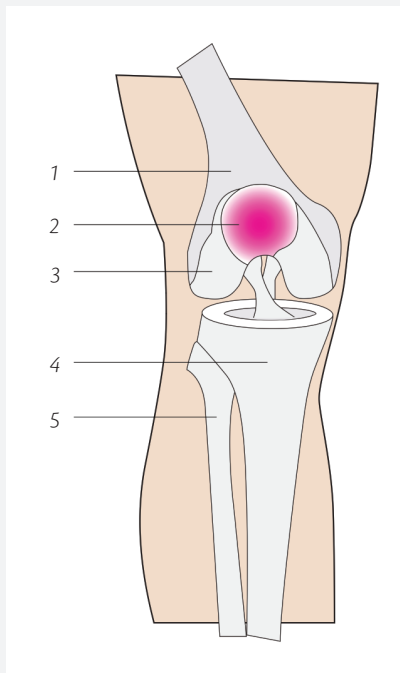
- Patello Femoral Syndrome
- Knee Dislocation
- Jumpers Knee
- Bursitis
- Osgood Schlatters 'Disease'

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PATIENT INFORMATION

Runners Knee



1. thigh bone (femur)
2. knee cap (patella)
3. knee joint surface
4. shin bone (tibia)
5. fibula

About the conditions

Patello Femoral Dysfunction (knee cap joint) also known as 'Runners Knee' is a broad term, commonly associated with imbalance in the muscles around the knee which leads to pain. Most commonly, the outside band of muscle (IT band), pulls the kneecap outwards, causing the knee cap to sit out of position and irritate surrounding structures.

In kneecap dislocation, there is a higher grade of muscle imbalance resulting in the kneecap moving outwards and popping out of its groove. Jumpers Knee involves the muscle in the front of the thigh (quadriceps) getting inflamed at its attachment just below the knee. All these injuries are a result of muscle imbalance and also have an element of overuse. Also associated with overuse is bursitis of the knee – commonly in the front where the gel sack (bursa) that protects the tendon from friction swells and becomes painful.

Osgood Schlatters affects the adolescent age group and is linked with a growth spurt and quadriceps muscle imbalance.

Usual symptoms include

- Pain and swelling in and around the knee.
- Difficulty in activity such as running, walking, ascending and descending stairs, squatting, and kneeling.
- Increased pain with activity.
- Painful lump just below the knee.

What we can do to help

- We use massage to improve healing and teach you muscle stretches to lengthen the tight structures.
- We progressively strengthen the weakened muscle by teaching you specific exercises, and assess the balance in your core muscles.
- We use tape to control the imbalances until your muscles are able to do the job.
- We monitor your walking or running pattern and modify if needed to reduce strain on the structures.
- We progressively return you to daily and sporting activity.
- We use acupuncture to relieve pain, swelling and promote healing of damaged tissue.

Your local Active+ clinic:

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