

# KNEE PAIN

## NIC COSTIFF PHYSIO & REHAB



### Iliotibial Band Syndrome

Iliotibial band syndrome occurs on the most commonly occurs on the outside of the knee or just above it, but can occur further up the outside of the leg or at the hip. Runners and cyclists suffer from this injury and usually hurts after a set distance into a run/ride progressing from a dull stiffness to a sharp or burning pain.

### Patella Tendon Pain

The patella tendon connects the Patella (Knee cap) to the tibia (shin bone). Runners and jumpers are prone to this injury. It usually starts with a stiff feeling in the patella tendon after running or descending stairs. Pain on first step in the morning which eases with movement. Pain on starting exercise which eases after 5 – 10 minutes. Gets worse on completion of exercise especially running.



### Meniscal Tear

The meniscus (or cartilage) forms a shock absorber between the femur and tibia. It can withstand huge forces, however can become damaged with rotational forces acting upon the knee such as turning in a game of football or rugby. There are several types of cartilage injuries and they can all cause swelling and pain at the knee joint. Often this type of injury is associated with locking at the knee or giving way. There will be pain on the joint line (more commonly the inside of the knee joint but can also be on the outside) and also pain with squatting type movements and rotating on a fixed foot.

### Knee Ligaments

There are many ligaments that surround the knee and their role is to provide stability to the knee joint as well as proprioceptive feedback (sense of position). Injury to these ligaments often occurs as a result of trauma. Football and skiing are two common activities that injure the ligaments particularly the anterior cruciate ligament (ACL) and this may require surgical repair followed by a comprehensive rehabilitation programme in order to regain stability and proprioception.

### Patello-Femoral Pain

Diffuse dull pain “behind” or “around” the kneecap is indicative of Patello-Femoral Pain. Typical aggravating motions include squatting, running (especially downhill), descending stairs, and prolonged sitting. If you have PFP, you will also likely have pain when resisting leg extension, and possibly tenderness if you push against the kneecap itself.