

Knee pain and/or injuries are very common. Knee pain can be a result of injury, overuse or simply everyday wear and tear.



## Common Causes

Acute/trauma injuries are most common. Injuries can be caused by falling on the knee, a direct blow to the knee, or an abnormal twisting of the knee. Traumatic injuries can lead to sprains, strains, tearing of the ligaments, fractures and dislocations.

Overuse injuries are also frequent and occur with repetitive activities or prolonged pressure on the knee. Activities that can lead to overuse injuries are running/jogging, cycling, climbing, weight lifting or stresses on the joint, and other tissues/structures. These can all result in inflammation in the knee. Other frequent overuse injuries are bursitis, tendinitis, patellofemoral syndrome, and iliotibial band syndrome or 'runner's knee'.

The location of symptoms is important when an evaluation is being performed.

# KNEE PAIN GUIDE

- Anterior knee pain (front of knee), is usually a result of poor tracking or positioning of the patella (kneecap). It can become very painful, inflamed and is usually aggravated by kneeling, running, jumping and climbing stairs.
- Pain that is located inside the knee is usually due to injury, or wear and tear from arthritis. Pain inside the knee joint can be from ligament, meniscus or cartilage damage.
- Pain on the outside of the knee can be a result of injury or overuse of structures in the knee. Pain on the outside of the knee can be from strained or torn ligaments and tendons.

## Treatment

Acute knee pain should be treated with **R.I.C.E.** (Rest, Ice, Compression, Elevation). If pain persists longer than two weeks you should visit your doctor, a physical therapist, or other medical professional for proper diagnosis and management.

The professionals at Physical Therapy of Idaho are compassionate, knowledgeable and experienced. Call us today to schedule an appointment at any of our three convenient locations.



## What to expect from a knee evaluation at Physical Therapy of Idaho

- Range of motion measurements: this is to determine how much your knee will bend or straighten.
- Palpation: touching various structures around the knee to feel for abnormalities or painful-to-touch structures.
- Gait evaluation: assessment of how you walk.
- Strength measurement: testing the strength of muscles around the knee to determine weakness or imbalances that may lead to knee pain.
- Girth or swelling measurement: swelling in the knee can occur after knee injury. This can be measured and monitored by your physical therapist.
- Special tests: these tests are specific maneuvers performed on the knee to help determine what specific structure is causing pain or problems.

Most insurance carriers do not require a doctor's referral for you to commence treatment at Physical Therapy of Idaho. We can usually get you in for your evaluation within 24 hours of calling for an appointment, so relief may be only a phone call away. Our physical therapists have between 10 and 20 years of experience in treating pain and injuries, so let us help you get you back to your best, pain free. Call us today!