



Smith & Thomas
Injury Rehabilitation Centre



Injury Conditions

Article: 5

Knee Pain



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Knee pain is very common, but there are many areas that need to be examined. The correct diagnosis is vital to ensure the selected treatment is as effective as possible.

Ligament Injuries

Many sports put strain on the ligaments around the knee, especially those that include a lot of multidirectional movement. If ruptured, it can mean a considerable amount of time on the side line. Anterior Cruciate Ligament (ACL), Posterior Cruciate Ligament (PCL) Medial Collateral Ligament (MCL) and Lateral Collateral Ligament (LCL) are the main ligaments of the knee and if necessary, would be tested during the assessment.

Symptoms

- Instability.
- Swelling.
- Dependant on ligament, pain over the joint line.

Cartilage/Meniscal Injuries

This again can be caused by a lot of twisting or multidirectional movement. Small tears can generally be manged and cause no immediate symptoms, although more serious injuries can cause more issues.

Symptoms

- Swelling.
- Loss of range of motion.
- Pain over the joint line.

Osgood-Schlatters Disease

Extremely common in sporty children aging from around 10-18. Pain is usually very localised and is caused by a large amount of exercise during a period of growth, causing strain on the muscles.

Symptoms

- Pain over the tibial tuberosity.
- Tightness over the quadriceps.

Bursitis

As the knee has a number of bursa surrounding it, bursitis is a common injury and can occur with anyone.

Symptoms

- Inflammation.
- Pain.

Bakers Cyst

This is a swelling at the back of the knee, it is normally seen as a secondary injury to an underlying condition, such as a meniscal pathology.

Symptoms

- Tenderness over the back of the knee.
- Usually seen as a lump or area of swelling.