

## **KNEE**

**Knee Problems** You rely on your knees to walk, climb, kneel, and even sit. Because of the amount and type of work they do, your knees are at risk for pain and injury. Knee problems can occur at any age and in many ways.

**Common Symptoms** These symptoms may be a sign of a knee problem.

**Pain** Sudden pain, severe pain, or pain that comes and goes

**Swelling** Bleeding inside the joint after an injury may cause the knee to swell. Irritation inside the joint may cause swelling due to a build up of fluid inside the knee.

**Locking or Instability** Loose bodies (loose pieces of cartilage or bone) can cause the knee to lock. Instability (giving way) may be caused by torn or stretched soft tissue inside the knee.

**Stiffness or Limited Motion** Common wear and tear, an injury, inflamed tissue, or disease such as arthritis can cause the knee to become stiff and restrict motion.

**Grinding or Cracking** Rough bone and/or worn cartilage can cause grinding and cracking in the knee

**Treatment** It is advised that you see a physician if you have any of the knee symptoms listed, since the problem can quickly become worse. Once your problem has been diagnosed, your physician can provide treatment options. Additionally, Dr. Henry's Performance Lab program may be right for you and your knee.

**Knee Problems** Your knee can be damaged over time by everyday wear and tear. An injury can add to the damage. Pain, stiffness, or swelling are symptoms of a damaged or injured knee.

**Osteoarthritis** Knee cartilage wears and cracks with age. Osteoarthritis can also be caused by an injury or disease. There is no cure for osteoarthritis, but the right treatment can reduce the amount and severity of the symptoms.

### **Treatment Options:**

- Medicine and moist heat to reduce pain and irritation.
- Physical therapy and exercise to maintain strength and motion.
- Weight loss can reduce pressure. Extra weight can make arthritis worse.
- Surgery to improve function and/or reduce pain.
- Total knee replacement may be recommended if your arthritis is severe.

**Bursitis** The bursae around the knee can become inflamed by repeated movement or pressure. Symptoms can include pain, swelling and limited motion.

**Runner's Knee** Runner's knee is the common name for chondromalacia patellae which is damage to the smooth cartilage under the kneecap. Symptoms can include pain, swelling and/or grinding. It can be triggered over time with activities such as running, or by a fall or blow to the knee.

### **Tears and Sprains**

**Meniscus Tear** A sudden twist or repeated squatting can cause a meniscus to tear. Symptoms can include pain, swelling, locking, limited motion, and “popping”. If not treated, the tear can lead to more serious problems.

**Sprain** A twist or injury may cause ligaments in the knee to stretch or split. Symptoms can include pain, swelling, and instability.

**Torn Ligament** A severe injury can cause ligaments to tear. You may notice an immediate onset of pain and swelling and instability.

**Fractures** A fall or severe blow to the knee may cause a fracture (break, crack, or chip). Symptoms can include severe pain, swelling, and nausea.

**Dislocated Kneecap** An injury, ligament damage, or simply the way you bones fit together can cause the kneecap to slip out of place. Symptoms can include sudden sharp pain, and instability.

**Osgood-Schlatter Disease** This condition is most common during early teen years. Symptoms can include a painful swollen tender spot on the shinbone just below the kneecap.

### Treating Knee Pain

**Exercise** Your physician or physical therapist can design a physical activity plan to help relieve pain and swelling, maintain or improve flexibility, and strengthen the knee to help it heal. It is important to learn which exercises are right for your knee problem.

**Bracing** Using a brace helps support an injured knee.

**Surgical Procedure** Sometimes surgery is required to treat knee pain. However, physical activity and muscle control of the knee joint is imperative for good results

Maintain Strength and Flexibility Strong flexible leg muscles are the key to healthy knees. Exercise is the best thing you can do to help your knee heal and prevent future injuries.

### Protect Your Knee

- Lose excess weight to take pressure off your knee
- Wear a brace to support your knee during activity
- Avoid activities that cause pain

Learn how to properly build endurance and lose weight – see Dr. Henry’s link to the Henry Performance Lab to see if this program is right for you.