

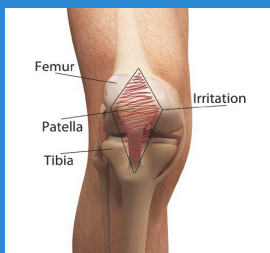
Knee Pain



What is Knee Pain?

Knee pain is a common complaint that affects people of all ages. Knee pain may be the result of an injury, such as a ruptured ligament or torn cartilage. Medical conditions — including arthritis, gout, and infections — also can cause knee pain.

Patellofemoral pain syndrome (PFPS) (“runner’s knee”) is one of the most common causes of knee pain. The condition results from an imbalance between the muscles that help to guide your kneecap in its V-shaped groove at the end of your thigh bone. Repeatedly flexing and extending a misaligned kneecap leads to pain, swelling, and eventually arthritis.



Symptoms

PFPS produces a dull pain behind the kneecap that is aggravated by prolonged walking, running, squatting, jumping, stair climbing, or arising from a seated position. The pain is often worse when walking downhill or downstairs. Longstanding misalignment can cause damage to the cartilage, which results in popping, grinding, or giving way.

How We Can Help

Conservative care, like the type provided in our office, is generally successful in relieving your symptoms. Initially, it is important for you to minimize activities that provoke your pain. Our goal is to get you back to normal as soon as possible. To do that, we will likely recommend one or more of the following:

- **Therapy modalities** to ease your muscle tightness, pain, and swelling.
- **Myofascial release** to remove your long-standing tightness.
- **Therapeutic stretching** to restore your flexibility.



Our office treats knee pain from all types of causes. If you or someone you know is experiencing these symptoms, please contact our office to schedule an appointment.