



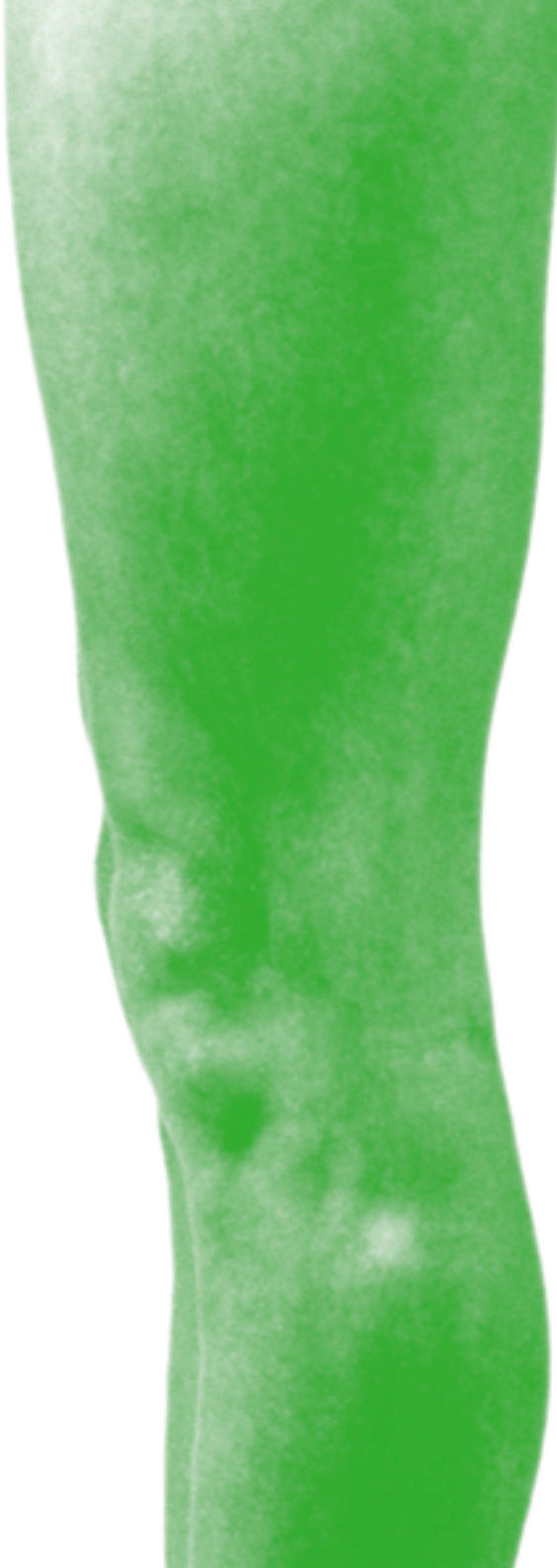
**ACTIVEPHYSIO®**

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PatientInformation

# KneePain

arising from muscle imbalances



## The condition

- Knee Pain arising from muscle imbalances
- Patello Femoral Syndrome
- Knee Dislocation

## About the condition

Muscle imbalances are a result of some muscles becoming weak and opposing muscles becoming tight which subtly alters the way the mechanics of the knee work causing the development of such conditions as listed above. **Patello**

**Femoral Dysfunction** (knee cap joint) is common with an imbalance between the outside band of muscle, which pulls the kneecap outwards so that it comes into contact with the rough part of the groove in which it lies. In the case of a **knee dislocation**, an ongoing imbalance creates too much movement sideways or a force has created the imbalance, which allows the kneecap to pop out of its groove. **Runners Knee** is also involving the outside band where **Jumpers Knee** involves the quads in the front: these injuries along with being a result of muscle imbalance also have an element of overuse or unaccustomed use to their development. Also associated with overuse is **bursitis** of the knee – commonly in the front where the gel sack that protects the tendon from friction on the bone swells and becomes painful.

**Osgood Schlaters** is associated with imbalance at the quadriceps also, but is linked with growing: the leg bone in undergoing a growth spurt, out lengthens the quads muscle causing the imbalance.

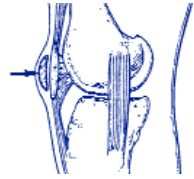
- Runners Knee
- Jumpers Knee
- Bursitis (House Maids Knee)
- Osgood Schlaters

## Usual symptoms include

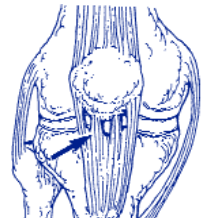
- Pain in and around the knee including the back of the knee
- Difficulty is activity such as running walking ascending and descending stairs, squatting, kneeling
- Swelling around the knee

## What we can do to help

- We use massage and muscle stretches to lengthen the tight structures
- We use electrotherapy and/or acupuncture to relieve pain, swelling and promote healing of damaged tissue
- We progressively strengthen the weakened muscle by teaching you specific exercise
- We use tape to control the imbalances until your muscles are able to do the job
- We progressively return you to daily and sporting activity
- We are planning to see you about \_\_\_ times over the next \_\_\_ week(s)



*The knee is supported by ligaments and a locking mechanism initiated by the quads to give it stability*



*Repeated trauma leads to wear and tear of the tendons and ligaments*



*The patello femoral joint is held in balance by the length of the ITB and strength of the quads*

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