



ACTIVEPHYSIO®

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PatientInformation

KneeTrauma

The condition

- Traumatic injuries of the knee
- Ligamentous tears: (Medial/Lateral/Cruciate/Coronary Ligaments)
- Menisci (cartilage) tears: (Medial/Lateral Meniscus)
- Osteoarthritis (OA) of the knee

About the condition

Knee Injuries are common in any activity that involves twisting movements or sudden changes in direction. These forces can result in damage to a number of structures, commonly the **collateral ligaments**, the **cruciate ligament** or the **menisci** (cartilage). The ligaments join bone-to-bone acting as restraining straps to prevent unwanted movement. The menisci act as a buffer to absorb shock transmitted through the joint as well as assisting the ligaments in giving more stability. Ligamentous injuries can range from Grade 1 to Grade 4 where there is a total tear (complete rupture). Osteoarthritis (OA) refers to degenerative (wear and tear) changes to the joint structures. Minor degeneration is a normal process of ageing but as the OA progresses it needs clinical management. In terms of physiotherapy this relates to the balance of muscle across the joint in order to control further wear and tear.

Usual symptoms include

- Acute injuries cause pain over the knee and swelling and when the ligaments inside the knee are injured there is bleeding within the joint
- Limited range of movement usually end ranges of the joint or when the joint is loaded such as climbing stairs, walking, squatting
- Pain on weight-bearing particularly if there is twisting or sudden changes in direction
- With arthritic change there is morning stiffness of the knee and a loss of range where the knee can't fully bend or straighten



A tear in the medial meniscus



The cruciate ligaments are important in stabilising the knee

What we can do to help

- We use electrotherapy and/or acupuncture to relieve pain, swelling and promote healing of damaged tissue
- We use manual therapy (massage and manipulation) to restore the range of pain-free movement
- We progressively strengthen the knee by teaching you specific exercise
- We use tape to control the movement forces until the ligaments are able to do the job
- We progressively return you to daily and sporting activities
- We are planning to see you about ___ times over the next ___ week(s)

Your local Active Physio:



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