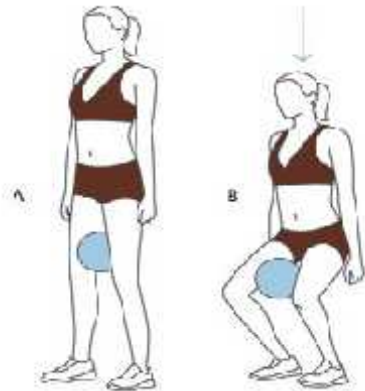


## Knee Exercises



Mini squats with your hips and toes turned out.



Stand against a wall with a ball or pillow between your knees. Squeeze and then lower into a mini squat. Hold for 3-5 seconds and then return to your start position.



Lie on your back with your knees bent and feet flat on the floor. Squeeze a ball or pillow between your knees and squeeze your bottom muscles. Then lift your pelvis off the floor and hold for a few seconds and then lower. Repeat.

# Anterior Knee Pain



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## What Is Anterior Knee Pain?

This is a general term for pain felt at the front of the knee. The pain can arise from one of several structures around the front of the knee joint. Most commonly it comes from behind the knee cap (patellofemoral) but can also arise from the muscles, tendons, fat pad or other surrounding structures (see diagram).



The knee cap (patella) sits in a groove on the bone behind it (femur). Normally as the knee bends it moves smoothly within the groove. Several different factors in isolation, or in combination can affect the alignment of the patella causing inflammation of the tissues at the patellofemoral joint.

## Symptoms

Pain around the front of the knee which can be made worse by:

- descending the stairs/slopes
- bending/squatting/kneeling
- swelling around the front of the knee and patella
- clicking or grinding from the patella

## Causes

The alignment and tracking of the knee cap can be affected by:

- poor foot biomechanics - flat/over pronated feet
- muscle imbalance/poor control of specific muscles - can develop gradually or following an injury or operation
- muscle tightness - can occur gradually or with a growth spurt in children and adolescents
- contact injury, directly to the area

## Diagnosis

Diagnosis can usually be made by your Doctor or Physio by taking a history and an examination. X-rays and other tests are not always necessary.

There are several other conditions around the knee that may present similarly. It is important to get this assessed properly by a medical professional such as your Doctor or Physio.

## Treatment

**Physiotherapy** including advice on appropriate stretching and strengthening routine for the muscles around the knee.

**Taping** may help with the alignment of the patella.

**Electrotherapy** is often used to settle the pain and inflammation.

**Painkillers/Anti-inflammatories** - Consult your GP or Pharmacist.

**Ice Pack** - Apply for 15 mins.

**Weight loss** Excess weight does increase stress through the joint which can increase pain, if symptoms are provoked.

**Acupuncture** – This may allow the muscles to work more effectively if pain is eased.

**Podiatry** Orthotics may be required to help correct the foot bio-mechanics, especially if one foot is worse than the other.

**Surgery** may be required in some chronic cases. It is normally done arthroscopically (keyhole) and is usually day surgery. They can wash out the joint or release some of the tight structures on the outside of the knee.