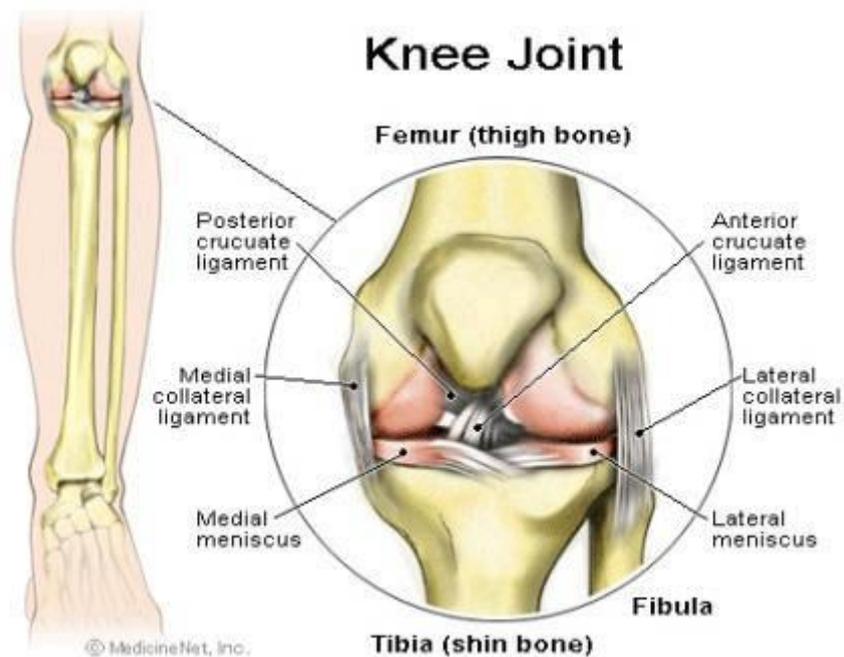


## Knee Pain Information Hand-Out

### PARKSIDE GROUP PRACTICE

The knee joint is a large hinge joint and is made up by the lower end of the thigh bone (known as the femur), upper end of the shin bone (tibia) and the knee cap (patella). Movement of the knee is controlled by large muscle groups known as the quadriceps (at the front of the thigh) and the hamstrings (at the back of the thigh). There is a structure known as a meniscus which cushions the joint and helps in shock absorption when the knee is in action.

The knee joint is one of the primary movers for walking, climbing and sitting type activities. It is not only a mover of the legs but also acts as a stabiliser and supports the body whilst standing.



There are many factors which may lead to the cause of knee pain.

These tips and exercises are used as a guide to help you manage your knee pain effectively; however it is recommended that if the pain persists or gets any worse that you seek advice from a physio, osteopath or your GP.

- Keep the joint moving! Avoid sitting for long periods of time.
- Regular exercise will help you to improve the strength in the supporting muscles. It will also increase the blood flow to the area and will help keep excess weight off which in turn will reduce the strain placed on the knees by the body. If the knee pain is severe and worsens with regular exercise it may be advised to avoid high impact exercise like running.
- Ensure you wear well supported comfortable shoes. Make sure these shoes are fitted correctly so to give you maximum support of the foot and thus easing the strain through the knees.

## Exercises:

### 1. Knee mobilisation:

Slide your heel towards your bottom. Go as far as feels comfortable, and then return to the start position (with the leg straight). This is a good way to improve mobility to a stiff knee joint.



Repeat the exercise 4-5 times per day, ten repetitions.



© rehabmypatient.com

### 2. Inner-Range Quad Strengthening

Lie flat on your back, and place a rolled up towel under your knee. Tighten your thigh (quadriceps) muscle and lift your heel. You should be pressing your knee against the towel. As your leg straightens, it does not fully lift off the floor (only your foot lifts off the floor). Slowly return to the start position.



Repeat ten contractions, and hold each contraction for 5-8 seconds. Repeat 3 times per day.



© rehabmypatient.com

### 3. Ice or Heat, and Elevation



Apply an ice pack or frozen peas to your knee. Make sure you wrap it in a thin towel so its not too cold. Use this to reduce pain and inflammation. You may also find it useful to elevate the leg to further reduce swelling.

Use 5 minutes of ice, 5 times per day. You can also use a heat pack immediately after the ice, and this method of contrast bathing can be very beneficial to reduce swelling. Keep a hot water bottle on the knee for 20 minutes, 3 times per day.

© rehabmypatient.com