

The Knee

Anatomy:

Femur (thigh bone) above is rounded on the end and tibia (leg bone) below is quite flat
Second smaller leg bone called the fibula does not help us bear weight
Patella (knee cap) "floats" in front of the femur, held in place by quadricep (thigh muscle)
2 menisci in each knee are shock absorbers and make the joint deeper
Like a hinge allowing bending and straightening (similar to the elbow)

Common Causes of Hip Pain:

Ligament Sprain	Cartilage/Meniscus Injury, Loose Body
Fracture (broken bone)	Joint Strain (arthritis)
Muscle Strain	Pain from behind patella (knee cap)

Common Injuries:

Fall onto side of hip	Bursitis
Arthritis	Pinching of cartilage in joint
Cartilage Tear	Muscle Strain (hip flexor)

How to Alleviate and Prevent Pain:

Ice (especially in the first 3-5 days after injury)	If you feel stiff try and stretch
Heat	Strengthen to improve tolerance to daily activity
May need to avoid weight bearing activities	Caution with twisting and rise from deep squat

Physiotherapy:

Manual Therapy - hands on techniques	Pain control - ice, heat, taping, electrical stimulation
Exercise - range of motion, strength, balance	Acupuncture
Postural correction - exercise, education	Gait Training

Contact your doctor if you have:

locking or giving out of the knee
major loss of ability to bend or straighten the knee
symptoms unchanging or worsening over 2-3 weeks
severe pain with weight bearing, walking, stairs

