



Pain Relief Advice

Anti-inflammatory tablets or painkillers may have been prescribed or alternatively can be purchased from your local pharmacy.

These will help with stiffness and pain but may not be suitable for all patients. Paracetamol may be a suitable alternative.

If in doubt you should consult your GP or pharmacist before taking any medication.

Keep all medicines out of the reach of children.

Call now for more information

01335 230079

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Practical Help for Anterior Knee Pain

This leaflet is designed to supplement the advice given by your GP or Physiotherapist. It is to help you deal with your present knee injury and enable you to look after your knee in the future. The information is written by physiotherapists and based on the latest research.

What is Anterior Knee Pain



Anterior knee pain is pain around the front of the knee. It is a common problem and can be caused by many different factors.

Any of the structures around the knee can be affected, including the joint, muscles and soft tissues.

Stretches

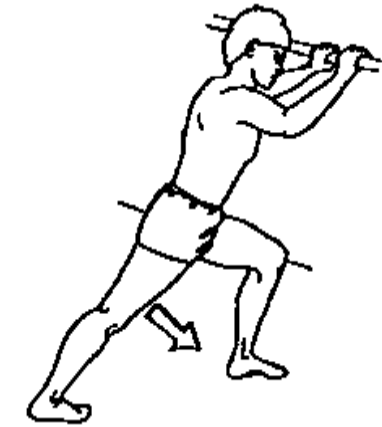
Calf Stretch

Stand in a stride position as shown, taking support from a wall or chair.

Keeping the heel of the back leg on the ground lean forwards until you feel the stretching in the calf of the straight leg.

Hold for 10 - 20 seconds. Repeat 3 times.

Ensure to keep your feet and knee facing forwards



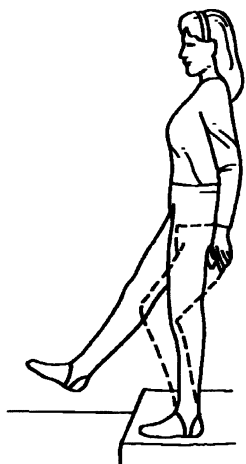
Hamstring Stretch

Lie on your back with both legs straight. Bend one hip to 90 degrees and hold the thigh in this position. The knee should be relaxed.

Holding the thigh in position, slowly straighten the knee until a stretch is felt at the back of the thigh.

Hold approx. 20 seconds - relax. Repeat 3 times.





Stand on a step with one leg outstretched.

Slowly lower yourself by bending the knee you are standing on to 30 degrees. Can you touch the heel of the other leg to the ground in front of the step?

Ensure to keep the middle of your knee in alignment with your 2nd toe.

Do this exercise slowly to strengthen and improve control of your thigh and buttock muscles.

Build up to 10 - 20 repetitions.

This exercise may be painful but you would expect the pain to settle shortly after completion. Sore but safe. You are likely to feel the effort, this is helpful to your recovery.

You may wish to seek further guidance from a physiotherapist.

Contributing Factors

1. Excessive sport or leisure activities
2. Flat Feet
3. Weak or tight leg muscles
4. Recent or previous injury
5. Being overweight
6. Poor joint alignment
7. Prolonged sitting or driving

Common Symptoms

- **Pain** – usually a gradual onset in the front of the knee. Pain may flare up with activities such as walking down hills or down steps, jumping, running or sitting for long periods with the knee bent.
- **Weakness** - the thigh muscles may feel weak and you may have episodes of giving way.
- **Noises** - you may hear a cracking or feel a grating sensation behind the kneecap, particularly when moving the knee.
- **Swelling** - occasionally may be present when acute.

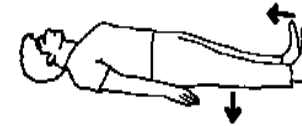
How Can I Help Myself

One or more of the following may be useful

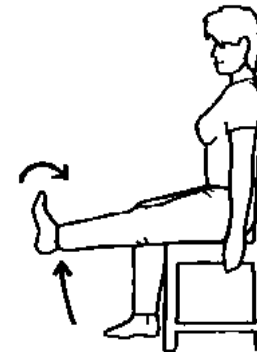
- **Rest** - When the knee is painful and swollen, some rest may be helpful. If the pain is severe or increasing, reduce the amount of activity you are doing.
- **Ice** - This may help to ease the pain and swelling. Apply a cold pack for 15 minutes and repeat every 3-4 hours as necessary (before applying the ice pack place a damp cloth over the skin to avoid an ice burn, ensure to monitor your skin).
- **Footwear**— Use of cushioned insoles may be beneficial to assist with pain and knee alignment. Your physiotherapist may be able to advise you on this further or If required refer you to Podiatry or Orthotics.
- **Exercise**—General exercise in moderation is a great way to keep the knee healthy. Specific exercises as detailed in this leaflet may be beneficial.
You may experience some discomfort with exercise, this is normal. The pain should ease soon afterwards. If it doesn't ease reduce the number of repetitions you do. If this does not help seek advice from your GP or Physiotherapist.

Exercises

The following exercises will help strengthen the muscles around the knee and improve your flexibility.



- Lying on your back, or sitting with legs straight out in front of you.
- Pull your toes towards you and push your knees down firmly against the bed.
- Hold for 5 seconds and relax.
- Repeat 10 times twice a day.



- Sit on chair with a rolled towel under your thigh.
- Pull your toes towards you, tighten your thigh muscle and straighten your knee.
- Repeat 10 times twice per day