

# KNEE PAIN



Batemans Bay  
&  
Moruya  
CHIROPRACTIC

*Where Better Health Begins*

## KNEE PAIN

Knee pain is an increasing problem in society and as a result we see more and more patients with knee problems in our centres. Chiropractic treatment is very effective for many of the problems that cause knee pain and although a condition such as osteoarthritis is not curable, the symptoms can be reduced and the progression of the problem can be helped thanks to our unique approach to treatment. Please read on to find out how! If knee pain is limiting your day-to-day or sporting activities, you have been given painkillers and been told to rest with no long-term improvement, or you have been told you have arthritis and there is nothing that can be done?

Then chiropractic treatment may well be the answer.

### The Knee Joint

The knee is a complex joint that relies heavily on ligaments and muscles for stability. The knee is a major weight bearing joint and is composed of:

- The tibio-femoral joint (between the thigh and lower leg);
- The patello-femoral joint (between the knee cap and the thigh);
- Muscles and ligaments, which gives active and passive stability to the knee;
- Two ring shaped cartilage discs in the knee, called the menisci (one meniscus).

### Chiropractic Treatment of Knee Pain

We have outlined the process of our treatment below to give you an idea of our approach. We would normally modify the treatment to suit each patient and their specific conditions. So the type of treatment that is most appropriate for one person is not necessarily right for another.

#### Stage 1: Reduce joint inflammation and reduce pain.

- Avoidance of aggravating factors, use of a support, sports tape;
- Ice to reduce inflammation, muscle spasm and pain.

#### Stage 2: Normalise joint function

- Specific chiropractic manipulation and mobilisation techniques to areas of restricted movement in the knee and surrounding joints, to increase movement, improve the function and reduce pain;
- Deep soft tissue massage, trigger-point therapy and cross-friction.

#### Stage 3: Rehabilitation exercise programme.

- When appropriate we introduce exercises to improve strength, endurance and stability. We also work on improving your balance and your sense of joint position (proprioception). This will help you to return to normal and also prevent new injuries.

Knee pain is a common complaint that we see in our Chiropractic centres.

### Local Causes:

- Trauma - causing excessive movement (instability);
- Overuse - repetitive movements, associated joint dysfunction;
- Inflammatory conditions (inflammatory arthritis) - rare;
- Underlying pathology (osteomyelitis/infection, tumours) - very rare.

### Referred Pain from:

- Low back facet joints;
- Sacroiliac joints;
- Hip joints;
- Muscles over the hips and surrounding the knee.

### Nerve Compression in:

- Low back;
- Pelvis;
- Thigh.

### Biomechanical Dysfunction of Surrounding Joints:

- Feet e.g. flat feet, pronation;
- Hip;
- Pelvis.

### What Can I Do To Prevent Knee Pain?

#### Traumatic Injuries

When it comes to traumatic injuries, we suggest that you use common sense in the activity you participate in:

- Use appropriate equipment;
- Assess the risk;
- Don't push yourself beyond your ability and
- Don't participate if you are injured.

Remember, the fitter and stronger you are the less likely you are to have an injury,

- so prepare yourself well for the activity you are planning to participate in and
- warm up before starting the activity.

#### Overuse Injuries

When it comes to overuse injuries

- it is important to have a structured training program and
- to build up your activities gradually.

Remember that by the time the pain appears it is too late and the amount of rest you may need to get over it will spoil your plans to participate in the event you were so looking forward to.

As a rule of thumb, if you are new to an activity or haven't done it for a long time,

- don't do it more than twice a week to start with and
- do half the distance or time you were planning to do.

If you have a training partner, just remember

- we are all different and need different amount of rest between sessions and
- we can cope with different levels of training.

As with all orthopaedic conditions involving the muscles and joints, it is important not to ignore them. The longer you leave a problem to progress the more difficult it will be to help and treat it.

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