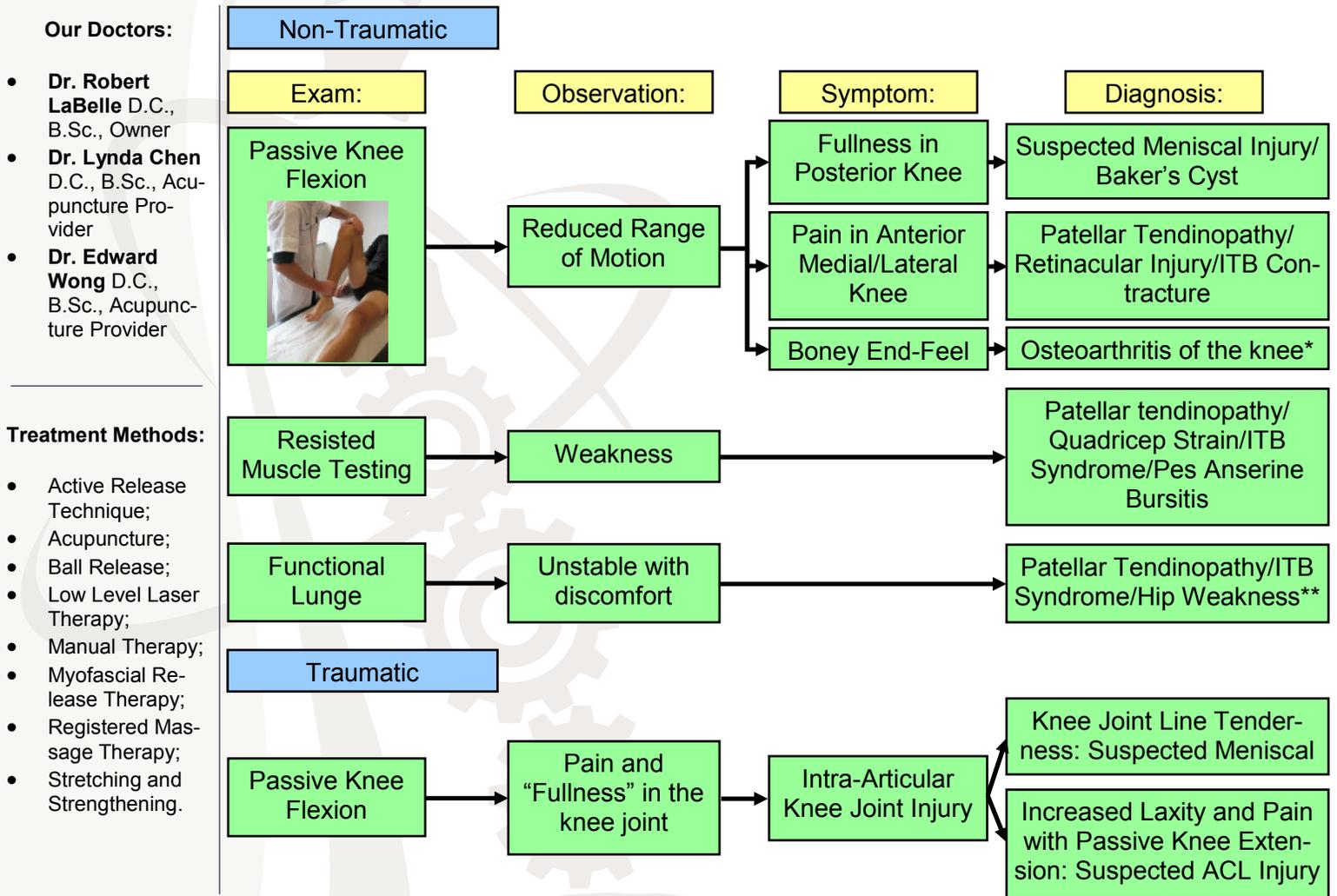


# The Knee: Examination and Treatment

Knee pain and stiffness are common complaints in all age groups. The majority of all non-traumatic knee pain involves the tissues surrounding the patella. A systematic approach to reducing tension in these tissues very often results in a reduction of the pain and disability.



**\*Clinical Pearl:**

Many people believe that osteoarthritis is an end point — they are stuck living with their pain — which is partially true; arthritis is not going to go away. However, some of the pain associated with arthritis is the result of tissue injuries to surrounding area. Manual therapy to these surrounding tissues often alleviates the associated pain thus, reducing the pressure on the affected joint.

**\*\*Clinical Pearl:**

Chronic non-traumatic injuries of the knee always involve weakness and reduced range of motion of the ipsilateral hip joint. Manual therapy, inclusive of hip soft tissue release often helps to reduce pain surrounding the knee.

**Treatment:**

Observation and palpation are used in conjunction with range of motion testing in order to determine the cause of primary source of the injury and the affected areas. Gait is evaluated along with the entire kinetic chain, during motion. An individualized treatment plan is then determined. Patients are tested pre and post treatment to ensure that their practitioner is seeing improvements and thus, is treating the right area.