

# Knee Pain



## Centre for Chiropractic & Sports Rehabilitation

An integrative, biomechanical approach to the everyday sports and spinal injuries.

Knee pain is a very commonly-treated condition at CCSR. Unfortunately, almost everybody experiences knee pain at some point in their life, particularly when going up and down stairs or when performing body-weight exercises like squats and lunges! It is important to understand that knee pain doesn't occur randomly; it is almost always the result of repetitive strain, stiff tissue in the leg (hips, glutes, IT band, hamstring, and quadriceps), or a combination of the two. When considering knee pain, the low back is almost always to blame: it causes glute weakness, which creates a chain of dysfunction down to the kneecap (patella). The patella is pulled to the outside (laterally), pulling on the inside of the kneecap, commonly causing pain that is felt inside the knee, and to either side. This lateral tracking of the knee is referred to as *patellar tracking disorder*.

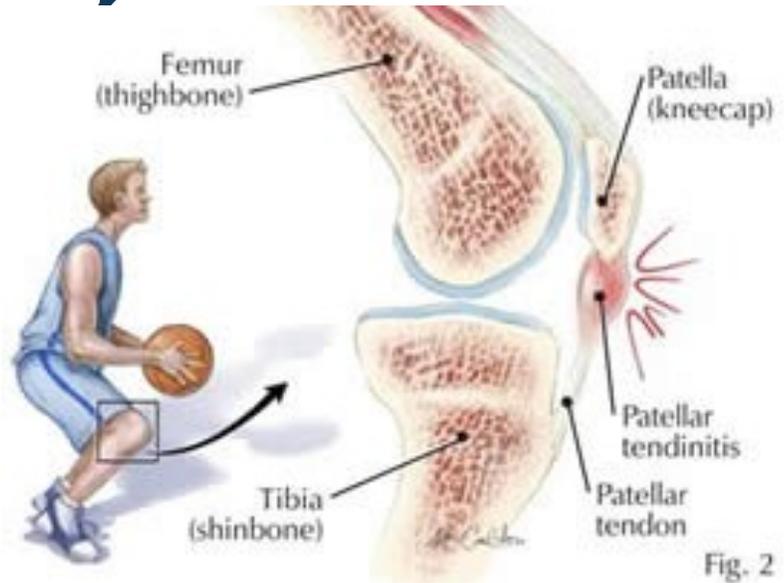


Figure 1: Patellar Tendinitis

Patellar tracking disorder can result in IT band syndrome, tendinitis of the infrapatellar tendon, and tendinitis of the quadriceps. Further to this, people suffering from knee pain will usually experience pain in or directly below the kneecap itself: the infrapatellar tendon extends underneath the kneecap and it is usually in this area that patients experience a significant amount of scar tissue and pain. Unfortunately, this infrapatellar tendon is a naturally weak structure, which means that pain and scar tissue in this area is very common. Leaving this area untreated will inevitably lead to tendinosis (chronic, painful degeneration) of the infrapatellar tendon.

### Treatment at CCSR

Our goal at CCSR is to reduce scar tissue, improve collagen production, and increase mobility/strength in the knee, leg, and low back. We will pay special attention to the infrapatellar tendon, breaking up scar tissue at the attachment to the kneecap. All treatment is performed with a combination of the Graston technique, deep friction massage, active release, low-level laser therapy, stretching, strengthening, core stabilization, pelvic strengthening, glute stabilization, and encouraging the kneecap to track the *right* way.

### Treatment at Home

Reducing inflammation is the primary goal of home treatment. When you first notice knee pain, *rest!* Then, ice the knee two to three times a day for 15 – 20 minutes, or until numb. Self-massage is vital, too! Spend at least 10 minutes two to three times a week massaging the sore area with a massage tool or with your fingers. The aim of this massage is to break up inflammation and scar tissue, so don't be afraid to apply pressure. Finally, your practitioner will provide you with stretches to improve the mobility of your knee, leg, hip, and low back. We strongly encourage all of our patients to spend at least fifteen minutes a day cycling through these stretches. Remember, health is a way of life, *not* one hour a week!