

Knee Pain

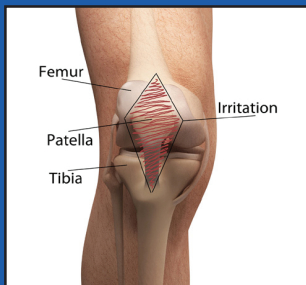


“Runner’s Knee” is the most common form of knee pain and affects more than 25% of adults.

What is Knee Pain?

Knee pain is a common complaint that affects people of all ages. Knee pain may be the result of an injury, such as a ruptured ligament or torn cartilage. Medical conditions — including arthritis, gout and infections — also can cause knee pain.

Patellofemoral pain syndrome (PFPS) (“runner’s knee”) is one of the most common causes of knee pain. The condition results from an imbalance between the muscles that help to guide your kneecap in it’s V-shaped groove at the end of your thigh bone. Repeatedly flexing and extending a misaligned kneecap leads to pain, swelling and eventually arthritis.



Symptoms

PFPS produces a dull pain behind the kneecap that is aggravated by prolonged walking, running, squatting, jumping, stair climbing or arising from a seated position. The pain is often worse when walking downhill or down stairs. Longstanding misalignment can cause damage to the cartilage, which results in popping, grinding or giving way.

How We Can Help

Conservative care, like the type provided in this office, is generally successful at relieving your symptoms. Initially, it is important for you to minimize activities that provoke your pain. Getting you back to normal as soon as possible is our number one goal. To do that, we will likely recommend one or more of the following:

Therapy modalities to ease your muscle tightness, pain and swelling.

Myofascial release to remove your long-standing tightness.

Therapeutic stretching to restore your flexibility.



Our office treats knee pain from all types of causes. If you or someone you know is experiencing these symptoms, please contact our office to schedule an appointment.



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