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8 Step Guide To Self-Treatment Of Knee Pain

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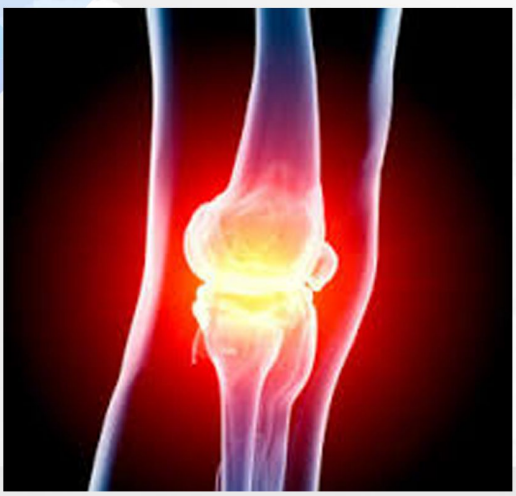

The knee joint is composed of two bones, the tibia and femur, and the knee cap or patella. This complex f is designed for movement mainly bending so that we can walk, run, jump, squat, and climb stuff. The knee is often times misunderstood by most health care providers who attempt to isolate the knee and treat it as though it has no friends, especially when the knee is in pain. **It is also very common for decisions to be made about the knee as a result of images (x-rays or MRI's) but we now know that as people age having degeneration in their knee on an image is as normal as having wrinkles on the skin**. If we want to truly help a knee be less painful and more functional we must understand that it is stuck in the middle with nowhere to go.

Is it is when the foot, knee and hip are not communicating or are miss-matched is when the knee gets upset and the forces increase which causes damage to tissues and then inflammation begins as the first phase of healing. So the following is an attempt to describe the common areas above and below the knee that cause knee pain with an attached video that describes how you can begin to improve motion in those areas which will allow for natural healing without medications, injections, or surgery.

Probable Strength Deficits:

1. **Weak Glute Max**
   The glute max must decelerate knee flexion when the foot hits the ground. If this does not occur the quadriceps who also decelerate knee flexion, have to work harder and the forces between the patella and femur increase beyond the tissue threshold causing inflammation and pain.

   Click Here to Learn an Exercise to Improve this Problem.

2. **Weak calf muscles**
   ICalf muscles help decelerate knee flexion. If they do not work properly again there will be an increase demand on the quadriceps and an increase in the forces between the patella and femur.

   Click Here to Learn an Exercise to Improve this Problem.

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Probable Mobility Deficits:

3 **Weakness of hip abductors**
The hip abductors decelerate the frontal plane or side to side motion in the knee and hip. If they are not strong the angle in the knee will increase inward and cause an increase in force between the patella and femur as well as stress along the medial side of the knee (medial meniscus).

Click Here to Learn an Exercise to Improve this Problem.

4 **Poor foot and ankle stability**
As the foot and ankle move it creates a movement in the knee and hip. Mainly motions of internal rotation and side to side motion at the knee. If the foot motion is excessive because of lack of control or stability it will demand more from the knee and hip often times leading to increased relative motion in the knee and stress. Since the knee only has 5 degrees of available rotation if the foot is moving to much it will overload the knee in the direction of rotation causing the joint to move beyond its limit of tolerable movement

Click Here to Learn an Exercise to Improve this Problem.

1 **Limited hip adduction mobility**
Since the foot pronates and causes the knee to move inward (Abduction) the hip must act and allow the knee to move inward. If this does not occur due to tightness the femur and tibia will be mis-matched and the patella will rub and increase the forces against the femur.

Click Here to Learn an Exercise to Improve this Problem.

2 **Limited ankle Pronation**
If the hip moves inward to create abduction, and then the knee must also response by moving inward and the foot cannot also react there will be a mis-match between the two knee bones and pain will occur.

Click Here to Learn an Exercise to Improve this Problem.

3 **Limited ankle Pronation**
If the hip moves inward to create abduction, and then the knee must also response by moving inward and the foot cannot also react there will be a mis-match between the two knee bones and pain will occur.

Click Here to Learn an Exercise to Improve this Problem.

4 **Lack of ankle supination**

When we push off of our foot during walking or running the foot is supposed to supinate or raise the arch off the ground. If this does not occur there will be serious problems because the femur is moving and creating a rotation externally or outward. This motion is transmitted from the hip to the foot. If the foot does not response the knee will have to rotate more than it is designed to rotate and stress will occur.

Click Here to Learn an Exercise to Improve this Problem.

In summary, to assess the "suspects" of knee pain, and identify the true cause(s) of the dysfunction, all movement specialists need a system to efficiently, and more importantly, effectively analyze movement. It is no longer good enough to make decisions based on opinion or images without first understanding how the entire body is moving. All movement specialists at Superior Physical Therapy specialize in evaluating and treating knee pain and you should consider having them assess you knee as well as your foot and hip prior to making any high risk decisions as it relates to your knee.

If you are interested in learning more about how the entire body effects the knee you can register for our upcoming

FREE Knee Pain Workshop

by either calling 231.421.9300

or clicking HERE.