Masterton FootClinic
enabling ACTIVE lives

KNEE PAIN

Your knee takes on an incredible amount of force and pressure during movement, often over three times your body weight. This makes knee injury a common occurrence, making effective and timely treatment even more important. At Masterton Foot Clinic, we always make sure to take the function and structure of the entire lower limbs into account so that we not only treat your current problem now – but also help prevent it from returning in the future.

RUNNER'S KNEE

Medically known as *patellofemoral pain syndrome*, runner's knee causes pain behind and around the kneecap. Despite its name and high prevalence in runners, anyone can develop this painful problem. Symptoms develop when the kneecap mistracks, so that instead of gliding smoothly in a specific groove at the femur, it moves irregularly and rubs against the end of the thigh bone (femur) repetitively as the knee bends and straightens. This friction causes damage to the bone and joint.

JUMPER'S KNEE

Medically known as *patellar tendinopathy,* jumper's knee describes damage to, and painful inflammation of, the patellar tendon – which runs across the front of your knee, and in which your knee cap is embedded. This tendon extends down from your quads at the front of the thigh and plays an essential role in our ability to run, kick, jump, and generally move our legs, although its primary function is straightening the knee, as well as keeping our kneecap in place.

BURSITIS

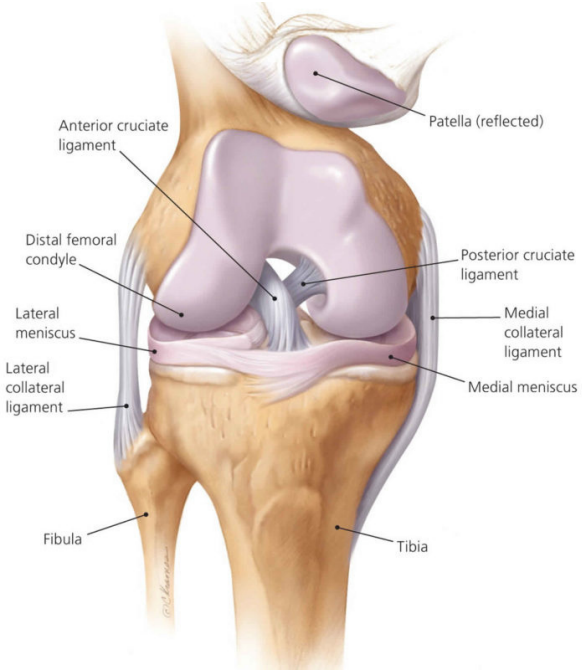
A bursa is like a small cushion that sits between your tendons or muscles, and the bones close to them. When your feet or legs move and you use and move your muscles and tendons, instead of them accidentally rubbing against nearby bones which can lead to friction and pain, your bursae are perfectly positioned so that the tendons glide against them and their smooth, lubricating surfaces instead. Like all structures in our bodies, bursae have a limit of the stress that they can take on before they need rest and repair. When this is exceeded, and they are overused, a bursa can become injured and becomes inflamed.

ILIOTIBIAL BAND SYNDROME

Iliotibial band friction syndrome (ITBS) describes damage to the iliotibial band, the thick band of connective tissue that runs down the outside of your thigh from your hip to the top of your shin bone. It occurs as a result of the band repeatedly rubbing over a bony bump on the outside of the knee as the knee bends and straightens.

KNEE LIGAMENT INJURY

There are four primary ligaments in and around the knee that work to stabilise the joint and control its movement. The Anterior Cruciate Ligament (ACL), Posterior Cruciate Ligament (PCL), Medial Collateral Ligament (MCL) and Lateral Collateral Ligament (LCL). These ligaments work to keep the knee joint stable and functioning optimally, and damage to any one of these can leave the knee feeling weak, unstable, stiff and painful.



MENISCUS TEAR

Your menisci are the cushioning pads that sit within your knee joint. When they are overloaded, they can tear, causing pain, swelling, and difficulty bearing weight on the affected leg.

POPLITEAL CYST

Otherwise known as a Baker's cyst, this is a palpable mass that develops at the back of the knee, caused by a swollen bursa.