

FREE Knee Pain Guide

Knee pain is one of the most common injuries we see here at Perform Ready.

This is not surprising given how common knee pain is amongst both the athletic and general population.

Even some of our therapists have struggled in the past with knee pain.

Co-director and Perform Ready physio Andy Barker nearly missed out on the Challenge Cup Final a few years ago when he has working as the Head Physio at the Leeds Rhinos after injuring his MCL (medial collateral ligament) playing rugby himself.

But like all good patients, Andy did the right things, at the right time and was back from injury in no time (four weeks to be exact and back running on the pitch just one week after taking his brace off).

Weekly we see patients, like you, with knee pain, unable to shake it off and frustrated with how it is stopping you from doing the activities you enjoy the most.

Whether its sport, running, the gym, gardening, walking, or indeed any other activity, you don't need to put up with it.

So many times, people are told the wrong information.

Maybe you have been told by another therapist or your GP that you have 'wear & tear' or you will just have to 'put up with it.'

In 99.9% of cases this is just NOT true.

Whether your knee pain is due to a traumatic injury or has started for no reason there are some simple things you can do to reduce your pain and get yourself back to exercise as soon as possible.

Continue reading to find out what you can do right NOW to get yourself on the road to recovery and back to exercise without knee pain.



It Might NOT Even Be A 'Knee Problem'

Unless your knee injury is due to trauma (slip, trip, fall, collision etc) most knee injuries are the result of overuse.

The knee is doing too much of the work when you are exercising and like anything, if we overwork something it has the potential to break down.

One of the main reasons this happens is that the body compensates when you have an injury. It finds other ways to move, to load your body when an injury or pain is present to allow you to keep going, to keep exercising and to keep being able to complete your day-day activities.

Therefore, with knee pain; a previous injury might be the cause of your knee pain and not necessarily the knee itself.

It's not that you don't have knee pain, of course of you.

It's just that the knee pain is the result of another problem, most likely a previous injury, that has caused your body to compensate in a way to protect your body from that initial injury, has changed the way you are loading your body (and your knee) resulting in knee pain.

This is the number one reason you might have failed rehab in the past.

This is the reason why when you have rested your knee, taken anti-inflammatories or done some 'knee rehab' then try to go back to activity your knee symptoms quickly return.

It's because you are just treating the SITE of pain and NOT the SOURCE of your knee pain.

The best treatment plan in the world will not fix your knee pain if you only consider the site of pain.

Understanding this simple concept is the first step in helping you out of knee pain and back to full pain-free function.

Use Your Ankles & Hips To Take Load Off Your Knee

So how do you take ensure the knee is not overworking?

One simple way is to ensure the joints above and below the knee, the hip and the ankle, are doing enough of the work.

Put simply, if the hip and the ankle joints are not doing their fair share of work, the knee is usually the joint that must take up the slack, works harder, become overloaded which then causes pain.

The knee joint is built for stability, whilst the hip and ankle joints, the joints above and below the knee, favour mobility. If mobility is lacking at either of these joints the body may compensate and try and recruit mobility via the knee joint.

Ensuring good hip and ankle mobility will aid force distribution during sporting movements such as running, squatting, lunging, cutting, landing and changing direction.

In short, the more we can get the hips and ankles to mobilise the less likely the knee will need to.

Here's a quick and simple ankle exercise you can do at home. Set up in a half-kneeling position. Keeping the heel on the floor, drive the knee to the outside of the stick, return to starting point and repeat. If you don't have a stick like this just use a brush or mop handle instead.

Half Kneeling Ankle Exercise



Another Quick & Simple Way To Relieve Pressure On Your Knee

You're probably getting the idea that the main strategy to help your knee pain is to get your knee to do less of the work...

Following on from the previous point you can further reduce the amount of work, or force going through the knee, by ensuring the muscles around the knee joint are free from tightness and restriction.

If you can do this then less force will be transmitted through the knee.

Excessive quad tightness for example, due to poor tissue quality will increase the amount of force passing through the knee, giving rise to possible knee overload.

There are a variety of ways to improve tissue quality around the knee; soft tissue massage or stretching are the most common.

Whilst there is no substitute for hands on tissue work, foam rolling is a quick and simple way to improve this tissue quality.

You can get hold of a foam roller very reasonably, use in your own home and is effective at improving tissue quality and as such is an easy way for you to further help you out of knee pain and back to full pain-free function.



Key Takeaways

Now you know why your knee pain might be happening it's time to act.

Firstly, remember that although you might have knee pain, the problem might be elsewhere.

Ensuring you have good mobility of the joints above and below (hips & ankles) and improve the tissue quality of the muscles around your knee, will help reduce the amount of work your knee has to do.

This is the quickest way to reduce your knee pain and get you back to the activities you enjoy the most in the fastest possible time.

Put the information above into practice and get yourself back to exercise without knee pain.

If you would like to learn more about your own knee pain don't hesitate to get in contact. Get in touch using the contact details at the bottom of this page.

Yours in Health

The Perform Ready Team

Get in touch for more help and advice....

Phone number: 07549258956

Email: info@performreadyclinic.com

Note: This advice is general advice regarding knee pain injuries and is not specific to the pain or injury you may have currently. Should you require more information please get in touch.

If you are worried about your knee pain you should be advised to consult a suitable medical professional.