

Anterior Knee Pain

What is anterior knee pain?

Anterior knee pain is a broad term describing a group of conditions leading to pain at the front of the knee. It can be in just one or both knees. There are many different causes.

This pain is often brought on by activities such as climbing stairs, squatting, kneeling and long periods of sitting. The pain most commonly builds up gradually over time and often seems to start for no reason.

What can I do to help myself?

- Control your weight- being over weight puts extra pressure through your knees and may contribute to your pain.
- Use ice to help control the pain- put ice wrapped in a damp towel on your knee for up to 10 minutes. **Do not use ice if you have any problems with your circulation in your legs.**
- You may need to rest from activities that are increasing your pain.
- The following exercises will help to stretch and strengthen the muscles around your knee. Try to do them at least twice every day. Gradually increase the number you are doing. You may want to do the exercises with both legs, but concentrate on your bad leg.

EXERCISES

1. Quads Stretch-



Stand holding onto a support. Bend your bad knee and take hold of the ankle. Pull your foot towards your bottom. You should feel a comfortable stretch in the front of your thigh. Hold for 20 seconds. Repeat 3 times.

2. Hamstring Stretch-



Stand with your bad leg up on a step. Keeping that leg straight slowly bend your upper body forwards keeping your back straight. You should feel a comfortable stretch behind your knee and thigh. Hold for 20 seconds. Repeat 3 times.

3. Calf Stretch-



Stand in a walking position with your bad leg behind. Keep the back leg straight. Slowly bend the front knee until you feel a comfortable stretch in the back of the calf. Hold for 20 seconds. Repeat 3 times.

4. Mini squat-



Stand with your back against a wall and your feet “hip distance” apart. Slowly slide down the wall making sure your knees are in line with your second toe. Only go down as far as comfortable. Repeat 10 times.

5. Straight Leg Raise-



Lie on your back with your good leg bent. Keep your bad leg straight lift it up about 20cm/8 inches from the bed. Hold for 5 seconds. Repeat 10 times.

6. Gluteus Medius (hip muscle) exercise in side lying-



Lie on your side with your bad leg on top. Bend your knees. Keeping your ankles together lift up your top knee about 30cm/12 inches. Hold for 5 seconds. Make sure your hip stays pointing to the ceiling and you don't roll backwards. Repeat 10 times.

7. Vastus Medius (inner knee muscle) exercise in sitting-



In a sitting position push the heel of your good leg into the instep of your bad leg. Hold for 5 seconds. Repeat 10 times.

What else can be done?

- Your doctor may give you a prescription of anti-inflammatory painkiller medication to help settle the pain.
- You may be referred to a physiotherapist for specialist advice and exercises.
- You may be referred to a podiatrist to look at your foot posture, e.g. if you have flat feet you may need insoles in your shoes.

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