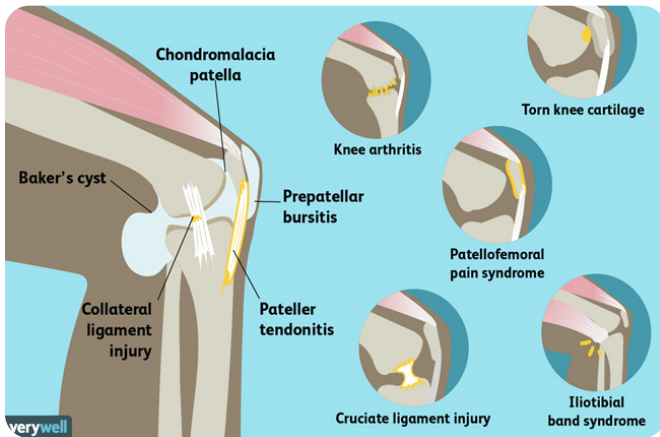




Have you got Knee Discomfort?



Scan me
to learn more



How to manage it

- Load Management.
- Gradual Strengthening Program.
- Heat/Ice.
- Reduced Aggravating Factors.

Recent discomfort (aka "Acute")

- Unaccustomed load and/or change in physical activity levels/demands.
- Sudden jolting movement, twist, lifting.
- Direct impact or fall.

Prolonged discomfort (aka "Persistent")

- Overuse/fatigue.
- Low activity levels leads to deconditioning.
- Gradual weight gain with inactivity.
- Decline in general health: stress, weight, poor sleep, diet.

Common Questions

- **I cannot weight bear OR my knee feels unstable. What do I do?**
Make an appointment for an assessment.
- **Why is my knee clicking?**
We click and clunk. Some reasons for clicking is the ligaments/soft tissue flicking across other structures, crepitus and air bubbles popping. If there is pain associated with clicking, seek an appointment.
- **Inconsistent Pain - sometimes hurts or hurts at night-time when resting.**
Load management. Have you inflamed your knee from the day's activities? Try modifying what you are doing to experiment and see if it helps with your pain levels.
- **Why is it swollen and warm when touching it?**
Discomfort and/or swelling or warmth means there is some inflammation. When inflammation appears, healing is happening, and icing the area can help calm down the inflammation.
- **How to prevent my knees from hurting?**
Each case is different however, load management and strength training (typically quads) is beneficial. Depending on what pathology is occurring in the knee a scan may be required but not always essential - leave that up to a professional assessor to determine. Surgery may or may not be required but regardless, conservative management (physiotherapy) is always the first step.