

# Knee Pain

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There are many causes of pain around the knee joint. Acute injury from a trauma to the knee, inflammation of a tendon of the knee, or osteoarthritis are all common reasons why you may have knee pain. In most cases, knee pain will completely resolve with conservative management (ie. physiotherapy, exercise programs etc.). It is important to see your doctor to rule out any serious injury and then actively rehabilitate your knee to return to normal function.

## Home Exercises

- *Heel Slides*: Lying on your back, or sitting in a chair, fully bend and straighten your knee within pain free range of motion. Repeat this 10 times, multiple sets per day.
- *Knee Extensions*: Sitting in a chair, fully straighten your knee causing the quadricep muscle to fully contract. Hold the contraction for 3 seconds then return to starting position. Repeat this 10 times, multiple sets per day.

For more information, visit [www.summitpt.ca](http://www.summitpt.ca)



## Tips From A Physiotherapist

- After a knee injury, continuing to move your knee is important. Movement can help decrease pain and inflammation.
- Some activities such as running or prolonged walking may increase knee pain, limit these activities to short durations only and try other forms of exercise such as cycling if that doesn't hurt your knee.
- Continue to exercise the rest of your body, as general exercise is helpful for returning to full function after a knee injury.