

WHERE DOES IT HURT?

(An Illustrated Guide to Knee Pain)

When addressing conditions of the knee many runners and walkers will simply state, "my knee hurts". And some doctors will lump all pain under the generic term "runner's knee".

But all knee pain is not equal.

The knee can hurt in a variety of places for a variety of reasons. Here is a list of several specific locations where pain can present and the possible causes.

Pain above the knee is one of the least common complaints and could be a *Quadriceps Tendinopathy*.

Although pain on the outside or lateral part of the knee can be caused by a *meniscus or ligament tear* or even *arthritis*, it is most often associated with *Illiotalibial Band Syndrome*. (The *Illiotalibial Band* attaches at the top of the pelvis at the *Iliac Crest* and runs down along the outside of the leg attaching just below the knee at the top of the *tibia* or shin bone.)

Pain directly at or in the knee cap which worsens when walking down stairs may be a result of *Chondromalacia*, *Patella Femoral Syndrome*, *improper Patella tracking*, *Arthritis* or *Bursitis*.

Pain along the inside or medial side of the knee can be a possible *medial meniscus tear*, a *medial collateral ligament injury*, *arthritis* of the joint, or *bursitis* - specifically, of the *Pes Anserine Bursa* in which case pain usually runs below the knee cap and toward the shin.

If you notice pain below the knee cap, it could be *Osgood-Schlatter Disease*, *Osteochondritis Dissecans*, *Patellofemoral Syndrome*, *Patella Tendonitis*, *Patellofemoral instability*, or a condition commonly referred to as 'jumper's knee'.

These descriptions are provided as possible causes only. Remember, if pain forces you to alter your running or walking gate, you should seek professional help.

