KNEE PAIN Info Sheet

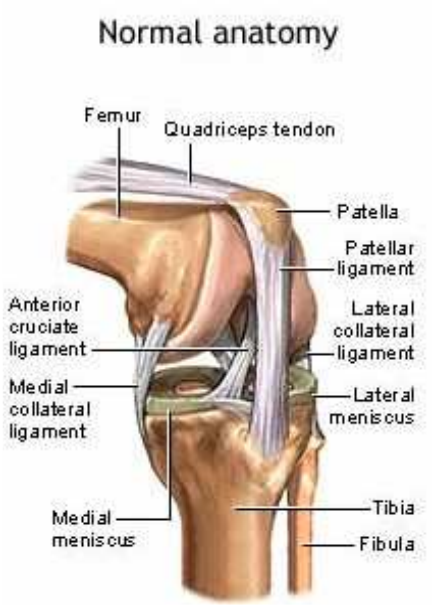
Introduction

Podlink Info Sheets are designed to provide Foot Pain suffers with a printable version of basic information to assist in the understanding of various foot & leg pain complaints. They provide information on the possible causes and treatments of those complaints.

Please remember that the following information is for guidance only and if you are in any doubt at all we recommend that you consult your local GP, Podiatrist or Physiotherapist without any further delay.

What is Knee Pain?

Knee pain can be caused by a wide variety of factors and circumstances and can be experienced as tenderness and general soreness of the knee, through to acute injuries such as sprains, strains and tears of ligaments. It is important to seek prompt professional advice when severe knee pain is experienced. The knee pain commonly linked to walking, running, skiing or sports that involve a lot of knee flexion is referred to as chondromalacia. This refers to the undersurface of the knee cap (patallae) becoming roughened when it should be quite smooth. The diagram below shows the knee cap sitting over the femur where it tracks to assist in keeping the knee straight and maximising the action of the muscles which extend the knee.

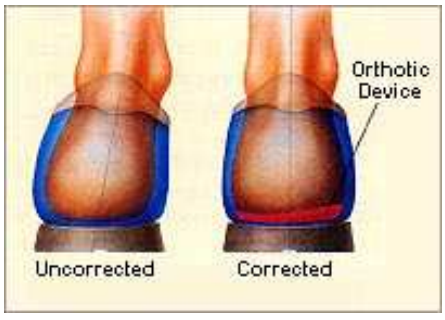


What causes Knee Pain?

When running and walking the knee flexes while the knee cap (patallae) moves over the front of the femur. The knee can go through a degree of internal rotation causing the knee to unevenly support weight and the knee cap to track closer to the bone (femur) leading to pain. The condition can be known as a retropatallae tracking problem which can lead to chondromalacia patallae. If the foot is excessively pronating (flattening) then the ankle, lower leg (tibia) and knee rotate in much further than they should normally. This magnifies the patallae tracking problems leading to lateral displacement of the patallae over the femur causing irritation of the under surface of the patallae and surface of the femur. This results in pain and inflammation. Other causes can be weakening of the stabilizing muscles of the knee particularly on the inside of the thigh, poor footwear and sudden twisting or strains or tears due to trauma.

What treatments help Knee Pain?

It is essential to control excessive pronation of the foot to maximise biomechanical alignment of the foot and knee. Controlling excess flattening (pronation) of the foot will reduce the amount of internal rotation of the leg (tibia) and the knee joint. This will greatly assist in evening out the weight bearing pressures on the femur but will also assist with the tracking of the patallae. A Podlink orthtotic is well placed to control the abnormal excessive pronation of the foot limiting the internal rotation of the tibia, knee joint and lateral tracking of the patallae. Podlink orthotics fit well into a wide range of footwear including ski boots, hiking boots, dress type shoes with deep heel counters and athletic shoes. Podlink orthotics should be phased in over a period of 2-6 weeks in **supportive footwear,** particularly for exercise. A strengthening program for the muscles surrounding the knee should also be considered along with the following Ice and Stretching recommendations.



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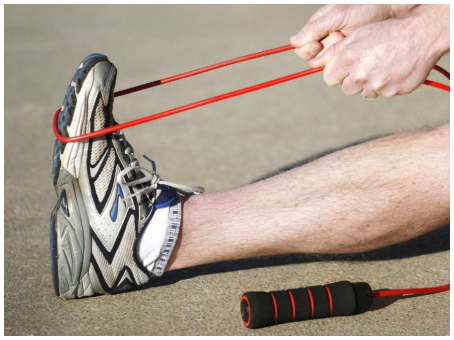
Icing is a very effective way of reducing inflammation and soreness. You can use any technique that suites your needs but we generally recommend approximately 10 minutes to the painful area no more than every four hours. The end of the day is generally the most effective time. Ice packs can be bought at most pharmaceutical retail outlets and sports stores. It is always a good idea to place the pack in a towel so the cold pack or ice is not in direct contact with the skin.

Stretching the muscle groups around the foot and leg region. Daily stretching can be effective in reducing tension in the muscles and tendons.



Stretches should be done in a gentle motion until tension is felt in the muscle then hold for 20 seconds and rest for one minute then repeat 3-4 times. If burning in the leg or muscle occurs you may be applying too much force. If pain persists you may have to see a foot care professional.

Podlink Orthotics Features & Benefits

Podlink Orthotics provides genuine **medical grade biomechanical alignment** of the foot. They are not simply cushioning insoles.

Podlink Orthotics are **designed by Podiatry Professionals** with more than 20 years clinical experience.

Podlink Orthotics are made from a combination of Flexene & Polypropylene providing **long lasting relief, absorption and control** compared to other EVA alternatives that compress and quickly lose control.

Our belief in our product is supported by **our commitment** to provide our on-line customers with a **no risk** foot pain solution.

For more information on Knee Pain or other foot and leg pain related complaints please refer to our website www.podlink.com.au

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