

Got Knee Pain?

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There it is again-that pain in the front of your knee. Maybe you try to ignore it, hoping it will go away. Or maybe the pain is so bad it makes you think twice about walking down the stairs at work, participating in that pickup basketball game, or performing general activities of daily living. You hate limiting the activities you enjoy and so you may wonder, "Isn't there anything I can do to get rid of this knee pain?"

Pain in front of the knee is often caused by a problem with your patella (knee cap). Arthritis, dislocations, and tendonitis are commonly associated with knee problems. Sometimes it's hard to find out what is causing knee pain. That's why it's especially helpful to have a thorough evaluation by your physician. Once your medical evaluation is completed your doctor makes a diagnosis and develops a treatment plan that works for you.

Physical therapy or surgery are common types of treatments often prescribed by your physician for knee pain. Physical therapy is often attempted first because it is the less invasive of the two treatments. The goal of a physical therapy program is to get you back to your normal activities when ever possible. You will accomplish this by helping the knee heal; using tools such as ice, ultrasound or electrical stimulation, and by exercising to improve overall knee function. Exercises are important in improving knee flexibility and strength of muscles that surround the knee. When you return to your daily activities without pain your physical therapist may encourage you to continue to exercise at a fitness center to maintain and prevent future injuries.

Overcoming knee pain takes commitment and sometimes determination. By keeping up with your exercise program for strength and flexibility you may increase your chances of remaining active for many years to come. If you are currently experiencing knee pain, you may want to contact your physician or local physical therapy clinic for an assessment of your knee dysfunction or pain.