

## Knee Injuries

The knee is one of the most commonly injured areas in runners.

These injuries can include:

Runners knee - see information sheet on Ilio-tibial band friction syndrome

Patello femoral pain syndrome or Chondromalacia patellae is when the under surface of the knee cap becomes damaged

Patellar tenonopathy is when the tendon below the knee cap becomes inflamed or damaged

The causes of all of the above are usually related to training, footwear and biomechanics.

Physiotherapists should diagnose the condition and if necessary refer you on for further investigations e.g. xray or scan. If physiotherapy is indicated they will treat the cause of the problem using primarily exercises to stretch and strengthen the quadriceps and hamstring muscles. Improving Core Stability around the hips and pelvis is vital in the management of knee problems. They may use massage skills to release the structures around your knee that contribute to the problem. We will often use kinesio-taping to alleviate symptoms and promote recovery

If there is a structural problem they may refer you to a podiatrist for further analysis of your biomechanics, it may be that it will require the use of orthotics to settle the problem.

Contact Athlete Matters

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