

Knee and Leg Pain:

Discover why you are having it, and **Learn** what you can do about it!"

Chris Amick, PT, MS

1. Why is this so important?
 - a. 19-26% of all people have knee pain/arthritis; 65 and over goes up to 50% mostly due to 54+ million have arthritis; 18% of adolescents have chronic knee pain
 - b. 126+ million adults (1 in 2 adults) are affected by a musculoskeletal condition, costing an estimated 213 billion (1.4 GDP)
 - c. By 2040-78 million Americans with arthritis, not counting other problems
 - d. ***10-20 yrs old is first sign of knee pain > 20-40 y.o. intermittent knee pain that interferes activity and maybe function > 40-60 y.o. chronic pain that is now interfering with function > 60+ y.o. arthritis/ or discussion on new total joint replacement or limited function ***
2. **The Issue**
 - a. **General knee pain one of biggest preventable health issues.**
 - b. **Unfortunately, we don't work on causes of most knee pain...**
 - c. **Which leads to it being one of the most costly medical issues.**
3. Anatomy
 - a. Knee joint: Patella (Knee cap), Femur (Thigh bone), and Tibia (shin bone)
 - b. Terminology: Patellofemoral pain, chondromalacia, runner's knee, jumper's knee, patellar tendonitis, bursitis
4. Problem
 - a. Injury vs. Pain, we are focusing more on pain or discomfort over time, not something traumatic or acute, possibly arthritis related
 - b. Increased focal stress somewhere due to strength, flexibility, or alignment deficits; Knee > Foot/ankle > Hip
 - c. Abnormal tracking of the kneecap (patella)
 - d. Arthritis if over 50
5. Solutions
 - a. Find cause of stress: something is weak or abnormally tight
 - b. Quad/Thigh/VMO (Vastus Medialis Oblique) weakness
 - c. Hip/glute weakness
 - d. Be aware of what your foot and leg is doing.
6. Easy things to do today for your knee/leg pain
 - a. Ice > heat, drink more water
 - b. Strengthen hip/glute muscles (handout available)
 - c. Don't cross legs if not needed or can help it
 - d. Toes slightly out with steps, walking, or squats – Will focus on weak area of thigh
 - e. Phoenix Physical Therapy: Help you discover what is causing your knee/leg pain through exam, screening consultation, gym; "Invest in Your Health!"