

# Knee Pain and Mobility Impairments



## Why do I get knee pain?

Factors that can contribute to knee pain include:

- Kneeling, squatting, jumping
- Aging
- Overweight or obesity
- Previous injury
- Playing soccer and rugby

## Will my pain go away?

- Most people with knee pain get better
- Treatment can reduce pain and help improve function

## What can I do?

- Participate in your care with your healthcare provider
- Continue day-to-day activities even if you experience some pain (within moderation)

## Potential treatment options to discuss with your healthcare provider

- Progressive weight-bearing activities
- Progressive return to activity
- Active and passive knee range of motion
- Strengthening and neuromuscular exercise
- Neuromuscular stimulation/re-education

## Contact your healthcare provider if you experience any of the following

- Sharp pain
- Persistent nagging ache
- Unexplained deformity
- Swelling or redness of the skin
- Weakness not due to pain
- Fever, chills, feeling ill
- Pain at rest

Logerstedt, D.S., Scalzitti, D.A., Bennell, K.L., et al. Knee Pain and Mobility Impairments: Meniscal and Articular Cartilage Lesions Revision 2018. *Clinical Practice Guidelines Linked to the International Classification of Functioning, Disability and Health From the Orthopaedic Section of the American Physical Therapy Association*. Journal Orthop Sports Phys Ther. 48(2). doi:10.2519/jospt.2018.0301

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