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## Knee Pain

### Knee Pain by Location

Pain on the front of the knee can be due to bursitis, arthritis, or softening of the patella cartilage known as chondromalacia patella.

Pain on the sides of the knee is commonly related to injuries to the collateral ligaments, arthritis, or tears to the meniscuses.

Pain in the back of the knee can be caused by arthritis or cysts, known as Baker's cysts. Baker's cysts are an accumulation of joint fluid (synovial fluid) that forms behind the knee.

General knee pain can be due to bursitis, arthritis, tears in the ligaments, or menisci, osteoarthritis of the joint, or infection.

Instability, or giving way, is also another common knee problem. Instability is usually associated with damage or problems with the meniscuses, collateral ligaments, or patella tracking.

Tendinitis is inflammation, irritation, and swelling of a tendon, which is the fibrous structure that joins muscle to bone. Tendinitis pain in the knee is located in the front of the knee or the lateral side of the knee. The pain often gets worse when going up and down stairs or inclines. Tendinitis knee pain is common in runners, skiers, and cyclists.

A biomechanical examination will help determine if your knee pain is caused by, or irritated by an alignment problem. Often an alignment problem in the knee starts from poor foot posture. As the foot moves on the ground it sets up a chain reaction of movements throughout the body including the knee. Too much movement or the wrong movement at the wrong time can lead to the development of knee pain.

