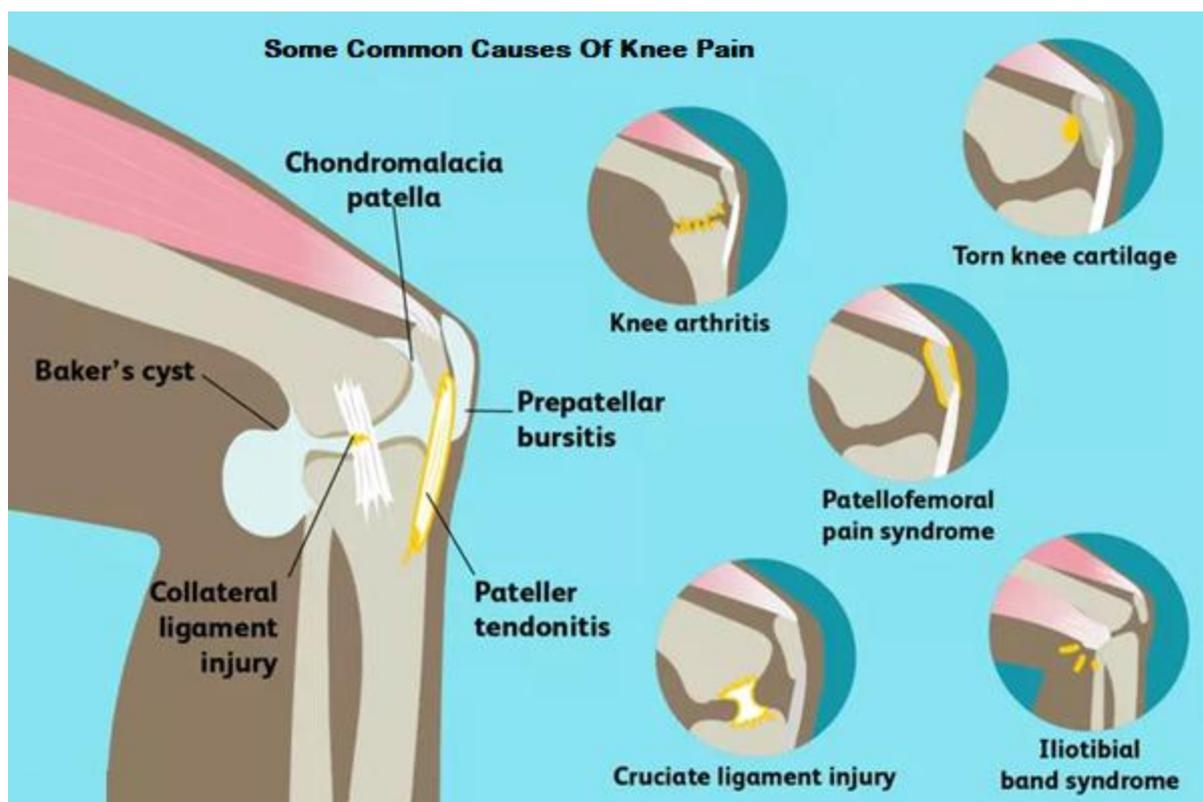


## Knee Pain in Adults



### What is knee pain?

Knee pain is a common problem in adults and can affect people of all ages. It may develop suddenly after an injury or gradually over time. Knee pain can affect walking, climbing stairs, kneeling, and everyday activities.

### Common causes of knee pain

Knee pain can have many causes, including:

- **Osteoarthritis** – wear and tear of the knee joint
- **Ligament injuries** (e.g. ACL, MCL) – often due to twisting injuries
- **Meniscal (cartilage) tears** – caused by sudden movement or gradual degeneration

- **Patellofemoral pain** – pain around or behind the kneecap
- **Tendinopathy** (e.g. patellar or quadriceps tendon)
- **Bursitis** – inflammation of fluid-filled sacs around the knee
- **Overuse or muscle weakness**

### **Symptoms you may notice**

- Pain at the front, back, inside or outside of the knee
- Swelling or stiffness
- Pain when walking, climbing stairs or squatting
- Clicking, grinding or locking sensations
- Feeling that the knee may give way
- Reduced movement or strength

### **What can make knee pain worse?**

- Sudden increases in activity or exercise
- Repetitive kneeling or squatting
- Poor footwear or lack of support
- Weak thigh or hip muscles
- Being overweight

### **How is knee pain diagnosed?**

A healthcare professional such as a GP or physiotherapist will usually diagnose knee pain based on:

- Your symptoms and activity levels
- A physical examination
- Imaging (X-ray or MRI) only if clinically required

Most knee pain does not need a scan and improves with conservative treatment.

### **Treatment and self-management**

#### **1. Activity modification**

- Keep moving but avoid activities that significantly increase pain
- Reduce high-impact activities temporarily

- Gradually return to normal activities as symptoms improve

## **2. Exercises and physiotherapy**

Targeted exercises help to:

- Improve strength of the thigh, hip and calf muscles
- Improve knee control and movement
- Reduce pain and prevent recurrence

A physiotherapist can provide a personalised exercise programme.

## **3. Pain relief**

- Simple pain relief such as paracetamol may help
- Anti-inflammatory medication may be advised by your GP
- Ice packs can help reduce pain and swelling (10–15 minutes, wrapped in a cloth)

## **4. Weight management and lifestyle**

- Maintaining a healthy weight reduces stress on the knee
- Wear supportive footwear
- Avoid prolonged kneeling where possible

## **When to seek medical advice urgently**

Seek urgent medical help if you have:

- Severe pain following a significant injury
- A hot, red, swollen knee with fever or feeling unwell
- Inability to weight-bear
- Sudden locking of the knee

## **Recovery and outlook**

- Most knee pain improves with exercise and advice
- Recovery time varies depending on the cause
- Staying active and completing exercises regularly improves long-term outcomes

## Exercises to Strengthen Knees



Double Knee To Chest



Ankle Stretch



Leg Cycles



Unweighted Flexion



Knee Full Extension



Hamstring Stretch



Knee Stretch

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### Key messages

- Knee pain is common and often manageable without surgery
- Exercise is one of the most effective treatments
- Early advice can prevent long-term problems

If knee pain is affecting your daily life, speak to your GP or physiotherapist for assessment and guidance.