

Knee pain

Information for patients from the Paediatric Orthopaedic Service

What is anterior knee pain?

Anterior means “the front of”. Therefore anterior knee pain is when you experience pain around the front of your knee. The symptoms you may experience are: pain on activities such as running, walking for long distances, or doing stairs, clicking, grinding, knee stiffness after prolonged sitting and giving way.

There could be many different reasons why you have knee pain. This information sheet will go over the most common reasons.

Your doctor or physiotherapist will highlight which causes are relevant to you.

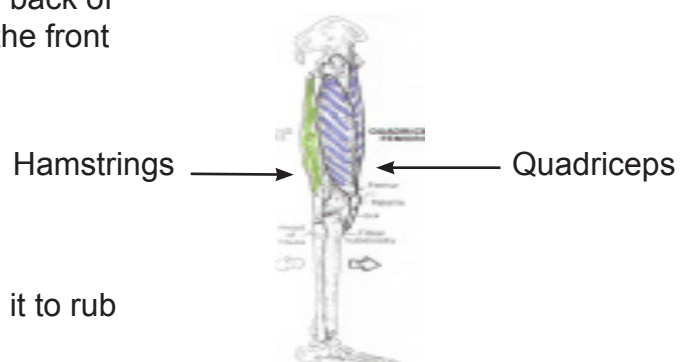
Here is a list of the common causes:

- muscle tightness
- muscle weakness
- growing pains (Osgood Schlatters)
- hypermobility (Double Jointed).

• Muscle tightness

Occasionally as you grow, your bones grow at a quicker rate than your muscles and they begin to become tight. This can either be caused by you having a “growth spurt” or because your muscles are not as elastic and are more difficult to stretch.

The most common muscles to become tight and cause knee pain are your hamstring muscles (at the back of your thigh) and your quadriceps muscles (at the front of your thigh).



If these muscles become tight they cause pressure over your patella (kneecap) causing it to rub on the joint beneath it.



• **Treatment for muscle tightness**

You will need to stretch your tight muscles and therefore relieve the pressure on your patella joint.



Bend knee and hold onto one ankle. Pull your heel towards your buttock until you feel a stretch on the front of your thigh.

Hold approximately 20 seconds.

Repeat five times on each leg.



Lift your leg towards your chest. Clasp your hands behind your knee. Slowly straighten your leg until you feel a stretch on the back of your thigh.

Hold approximately 20 seconds.

Repeat five times on each leg.

These stretches must be done three to four times a day for them to work. The good news is that if you follow the program as advised most muscles will stretch in six weeks and your knee pain will improve!

• **Muscle weakness**

As you grow and your muscles stretch, they can become weaker. In some cases one muscle becomes weaker than others and they pull on your patella unevenly.

Usually the muscle on the inside of your thigh is the weaker muscle (shown in light blue) and the muscle on the outside of your thigh is stronger (shown in dark blue).

Many describe the sensation as their “kneecap popping out”. It is not, it is being pulled sideways rather than straight up and down due to the muscle on the outside of your thigh pulling harder than the muscle on the inside.



• **Treatment for muscle weakness**

You will need to strengthen your weaker muscle to allow the patella to glide more evenly.



Sitting with your arms crossed. Stand up and sit down slowly from a chair. Keep your knees over your toes and do not let your knees clamp together.

Repeat 10 times.



Stand leaning against a wall and with your feet away from the wall. Slowly slide down the wall keeping your knees over your toes and not clamping your knees together.

Repeat 10 times.

These strengthening exercises should be performed two to three times every day and it is useful to practise them during normal activities such as going up stairs and sitting down and getting up out of a chair.

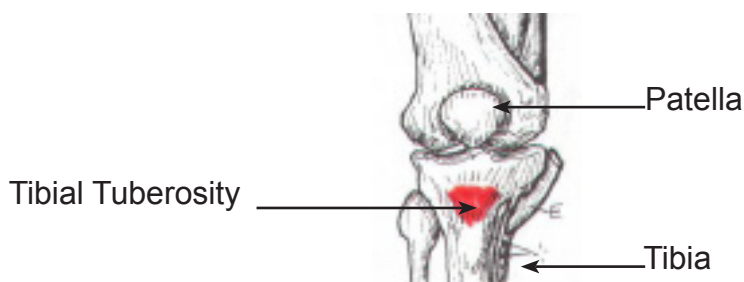
• Growing pains

This is pain caused by irritation of the growing areas of bone, called growth plates, around the knee. It occurs where a large muscle attaches to a growth plate and is aggravated by activities such as football and running.

There are two areas around the knee where a muscle attaches to a growth plate and each has a different name depending on which growth plate is irritated.

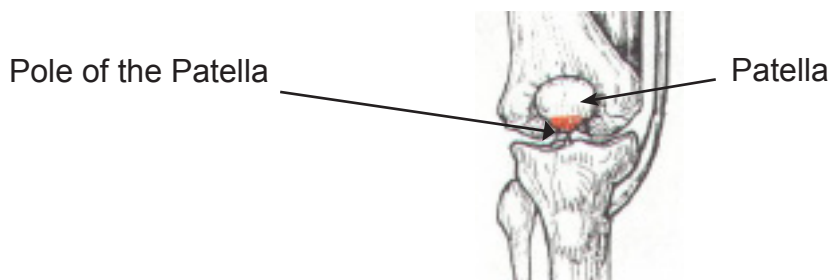
1. Osgood Schlatters

This is where the growth plate of the tibia, called the Tibial Tuberosity, is irritated (the knobby bit below your knee).



2. Sinding Larsens

This is where the growth plate at the tip, or Pole of the Patella, is irritated.



• Treatment for growing pains

Problems that cause irritation of your growth plates stop once you have stopped growing. They usually resolve within 18 months to three years. However there are many things you can do to ease the pain in the meantime.

1. Use painkillers - you can have your painkillers either in pill form or as a gel that you rub into the painful area. Ask your pharmacist or GP for advice.
2. Use an ice pack - you can use a bag of frozen peas. Make sure you place a damp cloth on your leg first to stop the bag sticking to your leg. **Do not** leave on for more than five minutes as you can burn your skin.
3. Do stretches daily - you can do the quadriceps stretch daily, as this muscle is often tight. Stretching the muscle relaxes the pull on the irritated growth plate and allows it to rest.
4. Modify your exercise - if your knee is very painful, stop what you are doing and rest. Once the pain has eased you can continue. You **do not** need to stop exercising altogether as this can cause tightening of the muscles and can lead to more problems with knee pain! Chat to your PE teachers and explain that you may need to rest from exercise occasionally to help your pain.

5. Strapping - if you have to miss a lot of exercise or PE, ask the physiotherapist to show you how to strap your knee. This can sometimes help to relieve the pain as you exercise.

- **Hypermobility**

Hypermobility means “double jointed”. This means that your joints have more movement than most people. This can sometimes lead to you spraining and straining your joints more easily, leading to pain and swelling.

- **Treatment for hypermobility**

The stronger your muscles are around your joints the more control you will have over your joints and the less you will sprain and strain them. The best treatment is to strengthen your joints either with formal exercise such as the ones above or by keeping yourself active and fit. The best forms of exercise for painful joints are:

swimming, aqua aerobics, pilates, and martial arts.

All these exercises help you to strengthen your muscles and improve your balance.

In summary

Knee pain is very common in children and in adolescence. The good news is that because your pain is related to you growing; once you stop growing most anterior knee pain stops as well.

However you must remember that if you are still growing, your knee pain may return once you have stopped your exercises.

If this happens you will need to practise your exercises again.

Further information

If you have any further questions regarding your treatment and/or condition then please contact the paediatric musculoskeletal team.

Email: ekh-tr.PaedMSK@nhs.net

Telephone: 01303 854445 or 01233 616618

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 783145 or 01227 864314, or email ekh-tr.pals@nhs.net

Further patient leaflets are available via the East Kent Hospitals web site www.ekhuft.nhs.uk/patientinformation