

Knee Pain

Information for Patients



This leaflet has been written to give you the right information about knee pain and what you can do to help with your recovery.

Why does my knee hurt?

Knee pain is very common. It can sometimes be concerning if it is very sore, but it is rarely because of anything serious. The knee is built to be very strong and is good at its job of holding your weight, walking and jumping. It is very difficult to damage.

What causes knee pain?

Most knee problems are things that develop with no obvious cause. In some cases, a change in activity can contribute to a knee issue e.g. standing up or walking for a long time, starting a new job or doing more or less physical work than might be normal for you.

What are the common symptoms?

Pain: Discomfort is often around the knee but can sometimes be more obvious in certain places i.e. the inside or the front. In some cases, the pain may travel down the shin or up the thigh.

Stiffness: Your knee may feel stiff or tight. This might mean that getting up first thing in the morning is more work or changing direction when walking might be a bit more of a challenge.

Noises: Clicks, pops, clunks and grinds are very normal in all joints, including your knee, and in most cases are nothing to worry about.

What can I do to help myself?

Calm it down: Often the best place to start with any painful complaint is to try and calm it down. In a lot of cases there will be things your knee likes to do and some things that it is less happy to do after your symptoms started. Calming it down simply means looking at the things it doesn't like and trying to make some adjustments or changes to make it easier for yourself. For example, your knee might get more tired or painful than it used to if you're on your feet or going up/downstairs. It might be that taking more breaks and introducing some time off your feet or taking one step at a time might make life a little easier whilst your knee is unhappy.

Get your knee moving: Movement is medicine for your body. Any movement is good movement, even if it is sore, however if something is really painful then working around that movement is sensible.

Your knee is strong and that won't have changed since your symptoms started. Although it is sore, it remains robust and moving your leg as early as you can, can help improve your chances of a better overall outcome.

Will it get better?

For most people, knee pain will not be a pleasant experience but reassuringly, it does have the potential to get better. By understanding the issue as best you can and by adjusting what is sore to then allow you to explore some exercise/s, is often the best formula for success.

If you would like to know more about knee pain or find a greater choice of exercises, you can explore our dedicated webpage.

Search online: [Norfolk and Waveney MSK services](#) 'knee pain'

Exercises



On the bed. Slide your heel towards your bottom and away again.

Complete little and often throughout the day.



Place a chair behind you. Slowly lower your bottom down to the chair, briefly touch your bottom to the chair (do not sit down) and rise up.

Aim to work until your legs tire. Complete little and often throughout the day.



If you would like this leaflet in large print, audio, Braille or in a different language, please contact us on **01502 445447**.

Jei šios publikacijos kopija noretumete gauti savo kalba prašome susisiekti su telefono numeriu: **01502 445447**.

Jezeli chcieliby Panstwo otrzymac niniejsza publikacje w tlumaczeniu na jezyk polski, prosimy o kontakt z pod numerem telefonu: **01502 445447**.

Pokud byste chteli kopi této publikace ve Vašem jazyce, prosím kontaktujte ovou na telefonním čísle **01502 445447**.

Bu yayinin kendi dilinizde bir nüshasini isterseniz, lütfen **01502 445447** nolu telefondan ile temasa geçiniz.

Se pretender uma cópia desta publicação no seu idioma, por favor contacte no número **01502 445447**.