

Pain at the Front of the Knee



Information for Patients

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

Why does my knee hurt?

Pain at the front of the knee (often called ‘anterior knee pain’) is a collective term for a number of complaints that may cause you to feel discomfort at the front of your knee.

There are a number of things that can cause pain to present around the front of your knee, ranging from kneecap (patella) issues, tendon complaints and even issues arising from the hip.

What causes knee pain?

A number of factors ranging from poor muscle strength, a sudden or unaccustomed amount of activity, reduced general physical fitness, repeated tasks (such as kneeling for long periods), or trauma (an injury) can be things that contribute to a problem developing.

In most cases, pain at the front of the knee is not caused by something nasty and although it can be very uncomfortable, it is normally nothing to worry about.

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.

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. 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, you might find that kneeling down or coming downstairs can be uncomfortable. By adjusting

how you kneel (trying to kneel on the 'better' knee) or using the banister more might be simple ways to help whilst your knee is unhappy.

Build it back up again: Movement is medicine for your body and your knee is no different. Calming the issue down (as described above) is often the best place to start and sometimes this might take a few weeks to help. Once your knee feels a little calmer, it is a good idea to start to 'build it back up again'. What this means is that once the leg is able to tolerate some gentle exercise, then it is worth starting some.

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](#) 'pain at the front of the knee'

Exercises



On the bed. Slide your heel towards your bottom and away again.
Complete little and often throughout the day.



Lying on the bed or floor. Lift your bottom off the bed/floor and slowly lower.
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**.