



“My knee is killing me”!

As a physical therapist and sports performance trainer, I hear a lot about the aches and pains of being an athlete. We, as athletes, know that certain discomfort comes with the territory when it comes to playing sports. But when is it time to be concerned? That is a great question and one we address today.

Pain is a signal. It is the body’s way of telling us that something is wrong. It typically is a symptom of something else; a dysfunction. It is a signal of a change in normal functioning anatomy. Specifically, it is defined as a “physical suffering or discomfort caused by illness or injury”. When pain becomes a hinderance to your performance or being able to perform or changes that way you would normally perform, then it is high time to search out appropriate treatment.

Knee pain is a common complaint of many athletes and can be caused by numerous things. Inflammation of the patellar tendon due to overuse, mal-tracking of the patella within the patellar groove, strain injuries of the ligamentous structures of the knee incurred during a game or practice, IT band syndrome/bursitis of the IT band and even trigger points within the quadriceps muscle group can all be causative factors of knee pain. Even poor positioning of the foot and weakness of the hip can contribute to knee pain.

A thorough evaluation of the possible causes and appropriate treatment, sometimes aggressive in nature, is the pathway to resolving these issues. Observing the athlete in motion and assessing dysfunction and its contributing factors are a must and will assist in not only developing a solid treatment plan but help in getting “buy in” from the athlete in the plan of care.

If you want to learn more about how we can help you or want to discuss your “aches and pains”, contact us directly at www.elitelevelpt.com. We are here to help. Contact us at www.elitelevelpt.com

