

Knee Pain



SYMPTOMS: Pain in the knee can be caused by arthritis, a tear in a ligament or tendon, a weak thigh muscle, bursitis in the knee, a pinched nerve in the low back, a hip problem, or in rare instances, a tumor. Pain may be located above, below or even behind the knee.

CAUSES: Mis-alignment of the low back and pelvis can place increased stress on the joints and soft tissues that make up the knee joint. If the low back is not in proper alignment, the legs will bear weight unequally, causing increased stress on one or both knees. Obesity also places increased stress on the knee making it more susceptible to injury. Some knee problems are caused by everyday "wear and tear" while others are genetic. A traumatic event, such as a car accident or sports injury, such as taking a blow from playing a contact sport, may also be responsible for knee problems. Lastly, repetitive trauma to the knee over many years, can lead to early degenerative arthritis in the knee.

TREATMENT: Conservative treatment for a knee problem utilizing chiropractic adjustments is highly effective for correcting the proper mechanics of the vertebrae in the back as well as the knee, helping to alleviate stress and strain on the knee. Taking over the counter medications simply mask the pain without actually resolving the structural problem, joint mis-alignment. In fact, taking medications may actually make the overall problem worse, by masking your body's natural defense mechanism. Your body is sending pain signals to your brain in order to prevent you from moving certain ways that could potentially further injure the back and/or knee. If that defense mechanism is eliminated through the use of pain pills, further insult to the body is much more likely.

After performing a thorough history and physical exam, your chiropractor will determine the source of your knee pain. X-rays will be ordered if deemed medically necessary. Once you are told that you have a knee problem, the chiropractor will begin the use of conservative chiropractic adjustments to restore structure and function to the knee and spine. Vitamins may be recommended to help promote the cartilage repair in some instances. Treatment may also include adjunctive therapies such as ice and electrical stimulation. Home care might include an aggressive home icing program, stretching, strengthening and possibly bracing. Modification of certain activities while at home may be recommended. If necessary, a referral will be made to an orthopedic surgeon if clinically warranted.