Unraveling the Mystery of Knee Pain #2: Client History & The 23 Injuries Common to the Knee

Instructor: Ben Benjamin, Ph.D.
Webinar Goals

• Understand the significance of each part of the client history and the 23 most common knee injuries

Logistics

• Time: 60 minutes
• Schedule:
  • Presentation 40-45 minutes
  • Questions 15–20 minutes
• Ongoing questions: Use Question box. If I don't get to your question, ask me on my Dr Ben Benjamin Facebook page after the webinar.
• Get a pen and paper please

Pretest

1. If there is swelling in the knee, it is most likely a ligament or joint injury. True or False?
2. There is no referred pain in the knee. Generally, where it hurts is where it is injured. True or False?
3. When the knee gives way, it usually means there is an injury to the meniscus. True or False?
4. When there is a patella tendon injury, it hurts most when going down stairs. True or False?
5. When the knee locks in flexion, it means there is a loose piece of bone or cartilage in the joint. True or False?
6. If a deep knee bend causes a grating, grinding sound, it is very likely that the person has chondromalacia. True or False?
Knee History

Did you see a doctor/therapist?

What was the diagnosis?

- If there was a diagnosis, you can test it against your assessment
- More subtle injuries may be present which were missed in the diagnosis
Did you get treatment? If so, did it help?

- Serious medical issues
- Advise the client to see a doctor
- Ask what worked for the client

Did you have surgery?

When was the first time you had knee pain? How long has the knee been in continuous pain?

- This may show a long-term or chronic pattern
Was the onset of pain gradual?

- Possible causes of pain

Do you think it was caused by a particular activity?

- Overuse
- Lack of strength activities
- Alignment issues
- Start/stop activities

Was the onset of pain sudden or through an accident?

- May indicate the structures injured or the severity of the injury
Did the knee joint swell?

- Only ligament injuries, a loose body in the knee joint or meniscus injuries cause swelling

Did this swelling occur quickly?

- Quick swelling indicates blood in the joint

Locating and Identifying the Injury
Where does it hurt?

Medial Pain
- Medial collateral ligament
- Medial coronary ligament
- Medial quadriceps expansion
- Medial Retinaculum
- Medial hamstring attachments

Lateral Pain
- Lateral collateral ligament
- Lateral coronary ligament
- Lateral quadriceps expansion
- Lateral Retinaculum
- Biceps femoris hamstring attachment
Anterior Pain

- Patellar tendon and entire quadriceps mechanism
- Quadriceps expansions
- Patellar ligament
- Lower attachment of patellar ligament
- Prepatellar bursa
- Infrapatellar bursa
- Suprapatellar bursa
- Anterior cruciate ligament

Posterior Pain

- Posterior cruciate ligament
- Hamstring injury
- Gastrocnemius tear

Deep Pain

- Cruciate ligaments
- Torn meniscus
- Traumatic arthritis in the joint
- Infrapatellar bursa
- Loose body in the joint
Swollen Knee Pain

- Collateral ligament
- Coronary ligament
- Condromalacia
- Cruciate ligament tear
- Torn cartilage
- Loose body in the joint

All Over Pain

- Multiple injuries
- Loose ligaments

Does the knee feel as though it will give way but it doesn’t?

- Early meniscal tears
- Coronary ligament sprains
Do you have trouble climbing up or down stairs?

- Patella tendinitis (climbing up stairs)
- Chondromalacia (going down stairs)

Does the knee hurt when you stand up after sitting?

- Patella tendinitis

Does the pain change?

- Indicates multiple injuries
Pinpointing Injuries We Cannot Treat

How old are you?

• Chondromalacia
• Dislocating patella
• Osgood Schlatter’s Disease

Did the leg give way? Was it in flexion or extension?

• In flexion means torn meniscus or severe coronary ligament sprain
• In extension means there is a loose body in the joint
Did the leg lock? In what position?

- Flexion: Torn meniscus
- Extension: Loose body

Do you have sudden twinges?

- Loose body
- Medial quadriceps expansion

Did you or do you hear a click? In what position?

- Torn meniscus (at 30 degrees flexion)
Does it grate or grind?

- Chondromalacia

The 23 Common Injuries to the Knee

1. Infrapatellar tendinitis
2. Suprapatellar tendinitis
3. Medial quadriceps expansion strain
4. Lateral quadriceps expansion strain
The 23 Common Injuries to the Knee

5. Medial collateral ligament sprain
6. Lateral collateral ligament sprain

7. Medial coronary ligament sprain
8. Lateral coronary ligament sprain

9. Tensor fascia lata sprain
The 23 Common Injuries to the Knee

10. Medial hamstring attachment strain
11. Lateral hamstring attachment strain

12. Infrapatellar bursitis
13. Suprapatellar bursitis
14. Prepatellar bursitis

15. Chondromalacia
The 23 Common Injuries to the Knee

16. Torn medial meniscus
17. Torn lateral meniscus

18. Anterior cruciate ligament sprain
19. Posterior cruciate ligament sprain

20. Traumatic inflammation of the knee joint
The 23 Common Injuries to the Knee

21. Dislocating patella

22. Osgood Schlatter's Disease

23. Loose Body in the knee joint
   (Loose floating fragment of cartilage or bone)
23 Knee Injuries Overview Video

The video will be available at the end of the Webinar

Questions

Facebook.com/DrBenBenjamin

Post-test

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