

Knee Injury

General information offered to my valued patients-- Dr. Matt Butler DC

Knee Injuries

The knee is the largest and most complex joint in the body. There are four main stabilizing ligaments in the knee that are commonly injured.

Ligament Injuries

These ligaments can be stretched or torn which can cause instability in the knee. Ligament injuries are most commonly caused by a fall or contact trauma.

Common Signs

Immediate pain in knee
Instability in the knee
Inability to weight bear on injured knee
Loud popping sound

If a meniscal injury is present there may be an inability to straighten the knee. If a ligament tear has been acquired, surgical intervention may be necessary.

Osgood Schlatter's Disease

This is a very common injury in preteens due to overuse. Pain and swelling usually occurs in the front of the knee. Pain will usually continue unless the activity is slowed down and the preteen stops growing.

Patellofemoral syndrome

Patellofemoral syndrome is one of the most common causes of knee pain. Pain occurs in between the thigh bone and the patella. Irregular patellar movements may cause pain and worsens when standing up or climbing stairs.

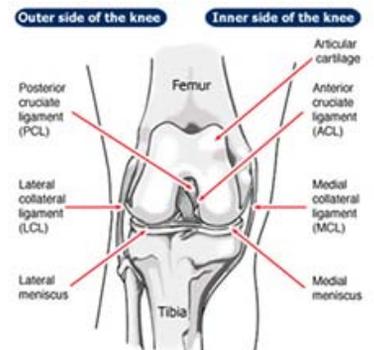
What should I do if I have knee pain?

Rest
Ice
Elevate the knee
If you see no improvements within seven days, see your doctor

Exercises

For a more detailed explanation of exercises, call and book an appointment to speak with Dr. Matt Butler DC

Every program that is designed is tailored to each individual.



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& then discuss your wishes with your family.

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