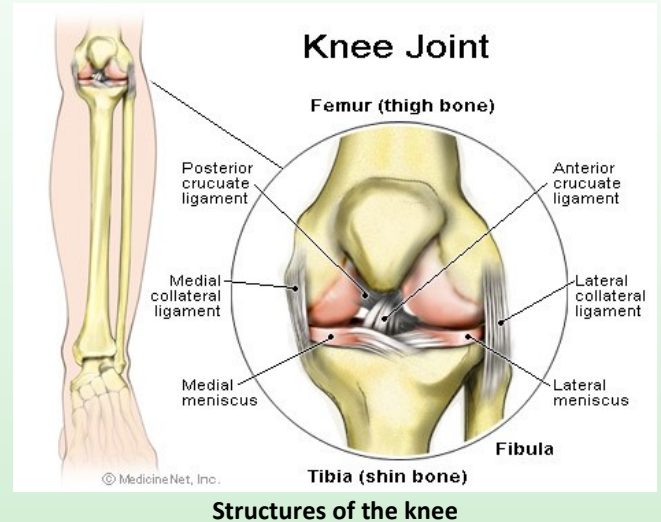


Knee pain and location with associated complaints

Knee problems are common among cyclists. Most problems are associated with overuse or training too hard too fast. Injuries associated with trauma or a crash might need to be looked at by a medical professional. If you feel your knee is unstable, it makes a clicking sound or locks up, or is very swollen seek medical attention as a structure in the knee might be damaged. Most other complaints can be resolved conservatively by slowing training or soft tissue work. Adjusting your saddle position as well as cleat position on the pedal will impact your knee pain. This list is not inclusive just a basic summary of common problems.



Front of the knee is the most common area

- **Patellar Tendonitis** – Tendon below kneecap attaching to tibia (shinbone) is inflamed.
- **Quadriceps Tendonitis** – Tendon from Quads to top of kneecap is inflamed.
- **Chondromalacia Patellae** – Grinding felt underneath the kneecap. (cartilage breaking down)
- **PrePatellar Bursitis** – Fluid filled sac that reduces friction. (red, warm, swollen)
- **Arthritis** – Degenerative breakdown of Cartilage.
- **Patellofemoral Pain** – Increased pressure of kneecap in the patellar groove of the femur. (pain circling the kneecap)

Inside of the knee

- **Pain due to overpronation of the foot (flatfeet)**
- **Tibialis Anterior Tendonitis** – Shin splints brought on by excessive tendon strain (upstrokes) when foot is pointed up.

Back of the knee

- **Bakers Cyst** – swelling in the back of the knee (fluid filled sac)
- **Muscle imbalance of the Hamstrings** – (you have 3 Hamstrings)

Knee is divided into 4 areas

- ◇ **Anterior or front of knee**
- ◇ **Posterior or back of knee**
- ◇ **Medial or inside of knee**
- ◇ **Lateral or outside of knee**

Location is key!

Outside of the knee

- **Iliotibial band syndrome** – Tight fascia that causes a tracking disorder of the kneecap.
- **Muscle imbalance of the Quads** – (you have 3 muscles making up the Quadriceps)

Treatments

- Rest (reduction in training both intensity and duration)
- Stretching
- IASTM (Instrument assisted soft tissue mobilization)
- Ice
- NSAIDS
- Correcting muscle imbalance
- Get checked that you are fitted to your bike properly
- Extremity adjustments to the knee



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