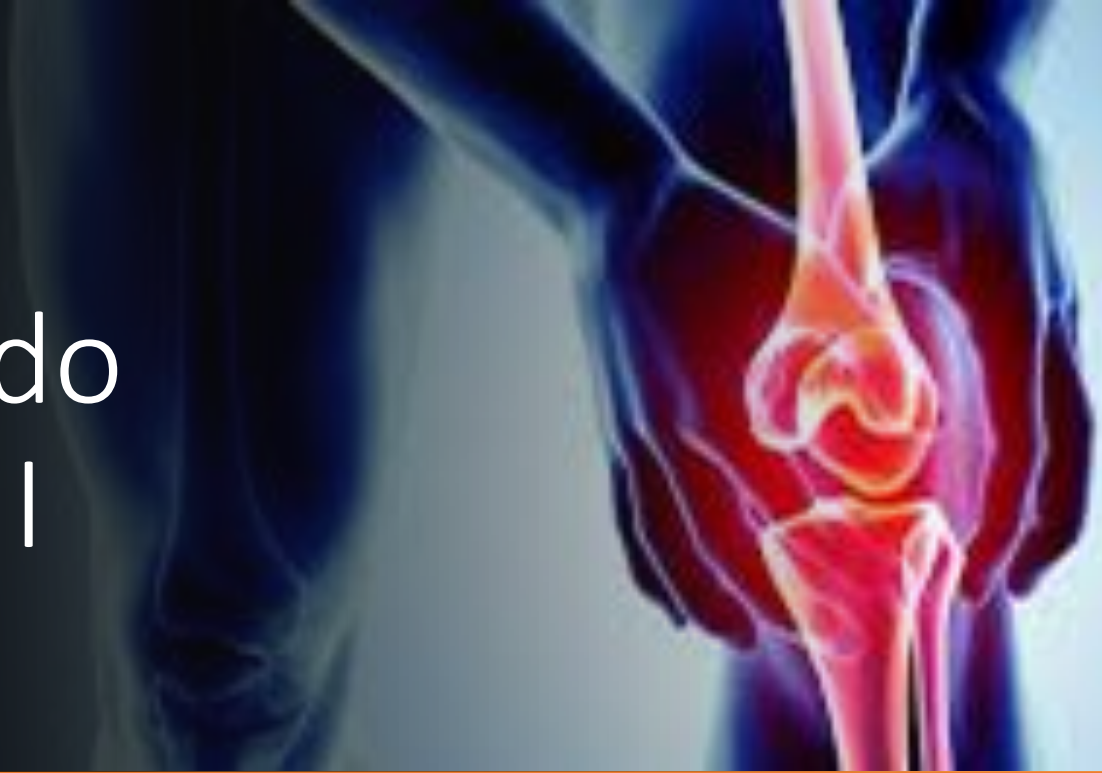
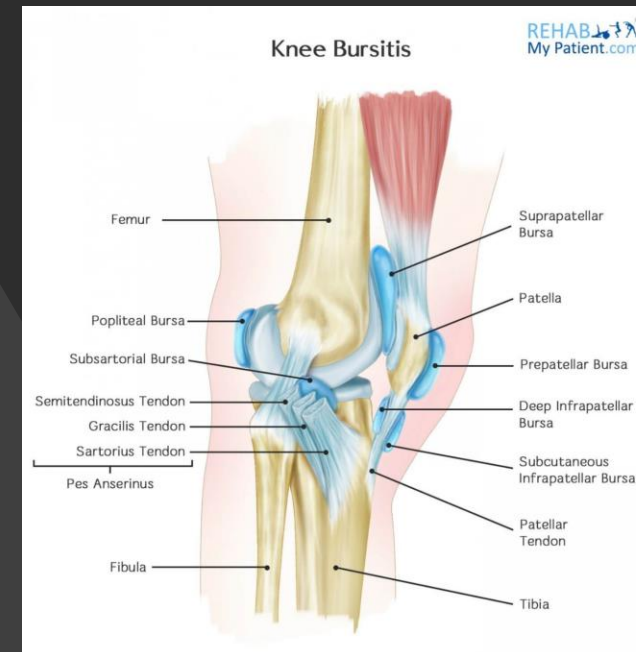
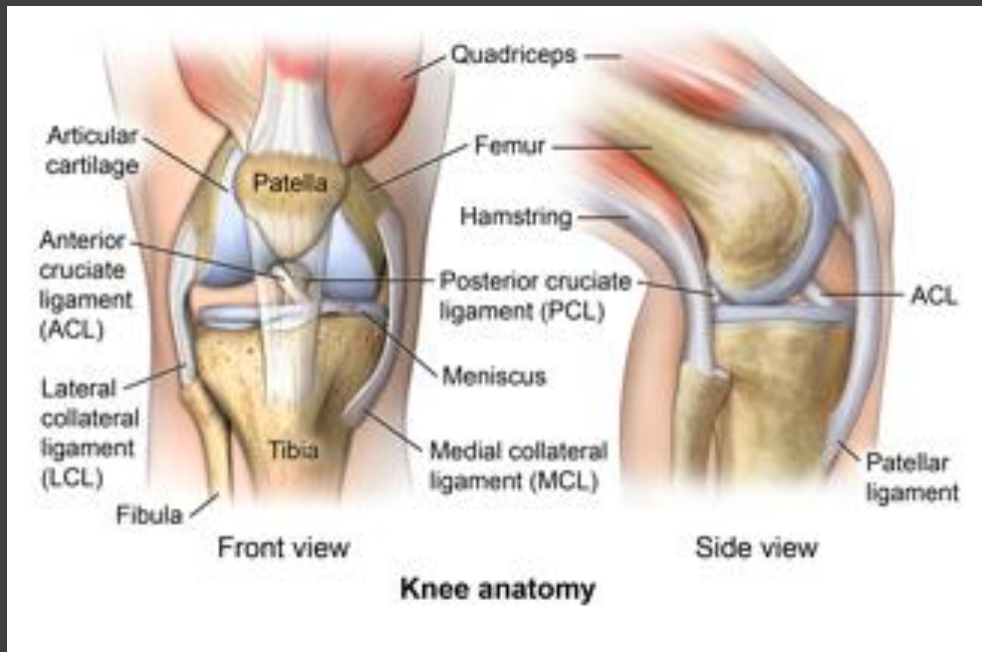
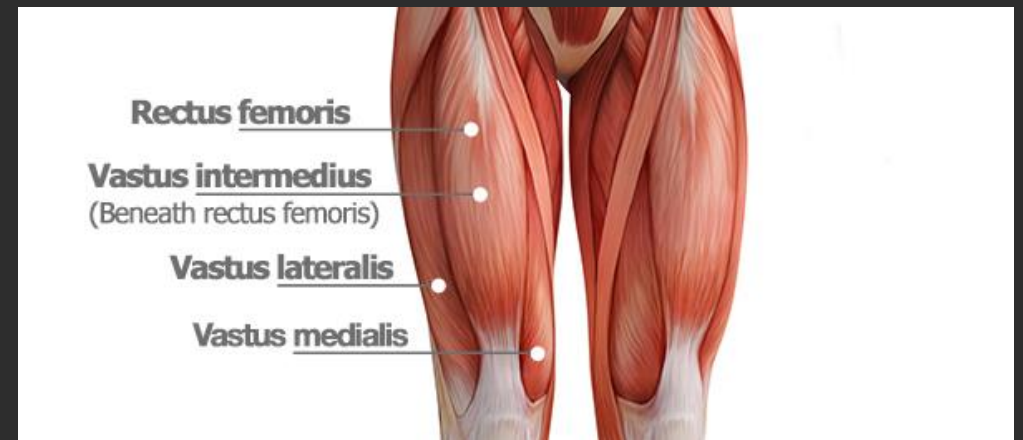


Knee pain – Why do I have it? How do I get rid of it?



By Bartosz Kuczyc PT, DPT

Structures of the knee



Musculoskeletal conditions of the knee

**Osteoarthritis – patellofemoral vs tibiofemoral

**Patellofemoral pain syndrome (PFPS)

**Patellar tendinopathy

**IT Band syndrome

Ligamentous injuries (Sprains – ACL, MCL, LCL, PCL)

Meniscal tears

Bursitis

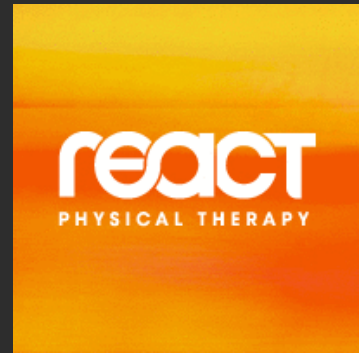
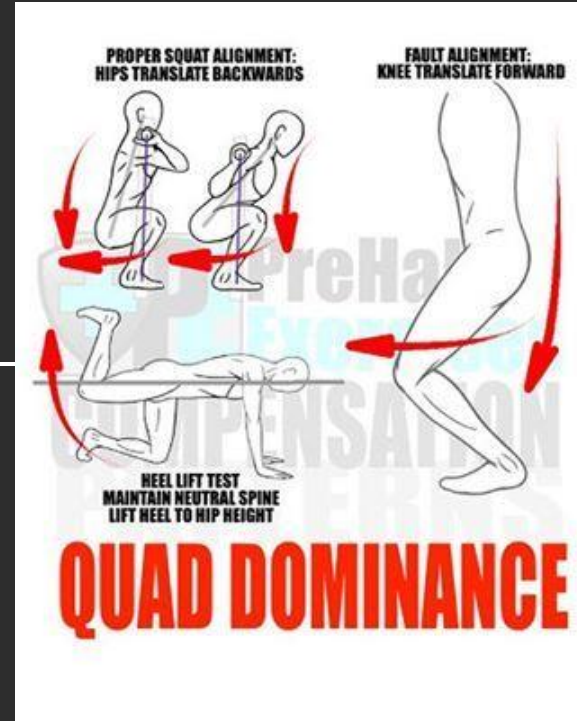
**Osgood Schlatter disease & Sindig Larson Johansson (SLJ) syndrome

How do we treat knee pain?

Activity modifications – frequency, duration, and load

Take a look at body mechanics

- anterior chain vs posterior chain
- dynamic knee valgus (inward collapse)



How do we treat knee pain?

Identify limitations in the ankle, hip, and back



Exercises

Self releases:

- Quads and hip flexors

Glute activation

- 90/90s - 3 way
- Side stepping with kickstand

Glute strengthening:

- Hip thrust with external rotation:
progress from double leg > double leg
march > single leg

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The logo for React Physical Therapy is located in the bottom right corner. It features the word "react" in a bold, white, lowercase sans-serif font, with the "a" having a unique shape. Below it, the words "PHYSICAL THERAPY" are written in a smaller, white, uppercase sans-serif font. The background of the logo is a gradient of yellow and orange.

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