

## **Knee Pain Q & A**

### What are the common causes of knee pain?

Your knees are tough and bear the brunt of every move you make, from moving and sitting to standing, climbing the stairs, or participating in a 5K fun run. As a result, your knees are vulnerable to a wide range of chronic conditions and acute injuries that result in pain.

For example, some of the common causes of knee pain include:

- Osteoarthritis
- Tendinitis
- Bursitis
- Cartilage damage under your knee cap
- Baker's cyst
- Rheumatoid arthritis
- Torn ligaments
- Sprains

These injuries and degenerative conditions are often due to acute injuries as well as overuse and repetitive motions. You can increase your risk of knee pain by being overweight or having bad posture. You're also more likely to have knee pain if you don't warm up or cool down correctly after physical activity or if you try to do too much exercise too quickly.

### When should I talk to a doctor about knee pain?

Most of the time, minor aches and pains subside with a couple of days of at-home rest and over-the-counter treatments. If your pain doesn't start to go away or gets worse, you should make an appointment with your doctor for diagnosis and a personalized treatment plan. Additionally, if you sustained an obvious injury and have severe swelling that prevents you from moving, make an appointment with your doctor right away.

### How do orthopaedic surgeons diagnose the cause of knee pain?

The board-certified, fellowship-trained orthopaedic surgeons at Ascension Michigan Orthopaedics-Rochester provide comprehensive exams and testing to diagnose the cause of your knee pain. They talk to you about your symptoms, overall health, and lifestyle, while they check your range of motion and strength in your knee.

Our doctors may also use diagnostic imaging studies like MRIs and X-rays as well as minimally invasive arthroscopic procedures to examine the inside of your joint.

### What therapies treat knee pain?

Our team will help create a customized treatment plan to heal your knee, relieve your pain, and get you back to your regular activities. Depending on your needs, they may recommend therapies, including:

- Physical therapy
- Knee injections
- Cold laser therapy
- Cartilage restoration
- Meniscus repair
- Osteotomy
- ACL reconstruction