



Knee pain can occur due to injury, overuse, age-related changes or alignment problems. Early identification and appropriate treatment help in reducing pain, restoring function and returning to normal daily activities and sports.

1. Patellofemoral Pain (Anterior Knee Pain)



Common symptoms

- Pain in front of the knee around or behind the kneecap
- Pain with stairs, squatting, running or after sitting
- Clicking or grinding

Treatment

- Activity modification & load control
- Physiotherapy (hip & quadriceps strengthening)
- Stretching, taping, brace or orthotics if needed
- Gradual return to sport

2. Meniscus Tear



Common symptoms

- Pain on twisting or squatting
- Swelling, locking or giving way
- Difficulty in fully bending or straightening

Treatment

- Rest, activity modification, physiotherapy
- Arthroscopy for persistent symptoms, locking or large tears
- Meniscus repair or partial removal depending on tear pattern and patient factors

3. Ligament Injuries (ACL, PCL, MCL, LCL)



Common symptoms

- Pain after a twist or sports injury
- Swelling
- Feeling of instability or giving way
- Difficulty in returning to sport

Treatment

- Early assessment, MRI and individualised plan
- Physiotherapy for selected partial injuries
- Arthroscopic ligament reconstruction for complete tears (especially ACL)
- Rehabilitation and return-to-sport programme

4. Osteoarthritis (Knee Arthritis)



Common symptoms

- Gradual onset of pain
- Stiffness, especially in the morning
- Pain with walking, stairs or prolonged standing
- Reduced activity levels

Treatment

- Weight management and activity modification
- Physiotherapy and muscle strengthening
- Pain relief medications if advised
- Injections in selected cases (e.g., hyaluronic acid, PRP)
- Joint replacement for advanced arthritis

5. Cartilage Injury (Chondral Lesion)



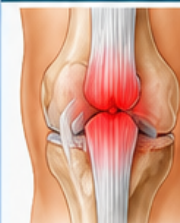
Common symptoms

- Deep knee pain
- Swelling, catching or locking
- Pain with high-impact activities
- Reduced ability to play sport

Treatment

- Activity modification and physiotherapy
- Arthroscopy for diagnosis and cartilage procedures (debridement, microfracture, grafting etc.)
- Rehabilitation and gradual return to activity

6. Tendonitis & Tendinopathy (Quadriceps / Patellar Tendon)



Common symptoms

- Pain below or above the kneecap
- Pain with jumping, running or climbing stairs
- Local tenderness and sometimes swelling

Treatment

- Load management and activity modification
- Physiotherapy (eccentric strengthening)
- Taping, bracing or support as needed
- Injections in selected cases
- Rarely surgery for persistent symptoms

7. Bursitis (Prepatellar / Pes Anserine)



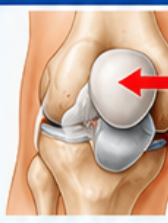
Common symptoms

- Localised swelling in front or inner side of knee
- Pain with kneeling or pressure
- Redness or warmth (if infected)

Treatment

- Rest, ice and activity modification
- Anti-inflammatory medicines if advised
- Aspiration or antibiotics if infected
- Avoid repeated kneeling

8. Kneecap Instability (Patellar Dislocation / Maltracking)



Common symptoms

- Feeling of kneecap slipping or dislocating
- Pain, swelling and instability
- Recurrent episodes

Treatment

- Physiotherapy for muscle control and alignment
- Bracing in selected cases
- Surgical stabilisation (e.g., MPFL reconstruction) for recurrent instability
- Rehabilitation and gradual return to sport

9. Fractures & Other Conditions



Common symptoms

- Severe pain after a fall or trauma
- Swelling, difficulty in movement
- Inability to bear weight

Treatment

- Immobilisation and weight-bearing protection
- Surgical fixation for displaced fractures
- Physiotherapy and gradual rehabilitation

When to Seek Early Consultation



- Knee pain persists beyond 2–3 weeks
- Recurrent swelling, locking or giving way
- Pain after a fall, twist or direct trauma
- Difficulty in walking, stairs, work or sports
- History of kneecap dislocation or progressive deformity

Key Points



- Early diagnosis leads to better outcomes
- Most knee problems can be treated without surgery
- Physiotherapy and correct rehabilitation are the mainstay
- Surgery is considered only when required
- Individualised treatment helps return safely to daily life and sports