



# KNEE PAIN: REHAB EXERCISES AND COMMON MYTHS

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## Signs and Symptoms

Knee pain can occur due to overuse or could also be an acute injury that occurred via non-contact or contact injury. In this report we will talk about chronic knee pain. One of the most common knee pain conditions we treat at Rehab United Seattle is Osgood Schlatter's. Osgood-Schlatter disease is a condition that causes pain and swelling below the knee joint, where the patellar tendon attaches to the top of the shinbone (tibia), a spot called the tibial tuberosity.

In young individuals, their bones have not fused enough yet and their tendons are actually stronger than their bones, resulting in increased pain and tension on the attachment sites of these tendons, and in this case the patella tendon.

## Important

This report is focused on chronic knee pain. If you suffered an acute injury as a result of contact or non-contact injury and are having swelling, difficulty walking, and increase pain please contact me directly either via email [kelly@rehabunited.com](mailto:kelly@rehabunited.com) or call our office at (206) 524-4977.

## Myth #1: Keep the Knee Immobile and Stay Off of It

Limiting motion and movement can be one of the worse things you can do either for an acute injury or chronic injury. "Motion is Lotion" and "Movement is Medicine" it is important to find stretches and strengthening exercises that you can do to keep your body moving and prevent your pain from getting worse.

## Myth #2: The R.I.C.E Method Is Best for My Knee Pain

As mentioned above, only keeping knee elevated and iced may make it feel better, but it will only stiffen up the joint more and hinder quicker recovery. Active range of motion and movement is better early on, since our muscles act as pumps to help flush the swelling out. You can continue to use ice for pain relief for the first 7-10 days as needed, but motion is KEY. Additionally, you can look to add heat to your knees prior to doing your stretches or activity to help loose up tight and stiff tendons and muscles.

## Myth #3: I Shouldn't Stretch My Knees and Surrounding Muscles

It's easy to think that because my knees are painful, I shouldn't stretch my knees or surrounding muscles. This is false. In Osgood Schlatter's your knees are actually painful due to the fact that your quadricep muscles that attach to your patella tendon are too tight and need to be stretched or foam rolled. It is important to find gentle stretches to help loosen up these tight muscles while not stressing your knee pain.

# Early Rehab Exercises

## 1. Hip Flexor Stretch

Place a foot on a stair or chair, prop the other foot onto a towel or wedge that lift the heel higher than the toes, drive hips forward, keeping your heel on the ground until you get a stretch in the front or your hips. Reach hand to the right and left holding for 30-60 seconds and repeat 2 to 3 times. Hold for 30-60 seconds and repeat 2 to 3 times.

**Watch Video:** [See the Exercise Demonstration Here](#)

## 2. Spiderman to Airplane

Stand in front of a chair, step forward into a lunge position bringing a knee parallel to chair while the back leg stays straight. Your back heel can come up off the ground. Alternate reaching your right and left hand to the ceiling 5-8 each, before moving to the other leg. Repeat each time 2-3 times.

**Watch Video:** [See the Exercise Demonstration Here](#)

### 3. Foam Roll Your Quads

Start on your stomach with one shin and your forearms on the floor for support and with a foam roller under the front of your thigh. Roll the foam along the front of your thigh, stopping at your knee. Foam Roll each quad for 90 seconds to 2 minutes each. By doing this it will help to loosen up those tight muscle around your knees.

**Watch Video:** [See the Exercise Demonstration Here](#)

### 4. See a Physical Therapist / Movement Specialist!

If you are suffering from a significant amount of knee pain and it is affecting your ability to participate in your sport it is important to be seen by a Physical Therapist. A physical therapist is movement expert and is trained in treating athletes that suffer from all types of knee pain. A physical therapist can help get to the root cause of your knee pain and prescribe a more individualized program for your knee pain.

**Schedule A Visit:** [Request an Appointment Here](#)