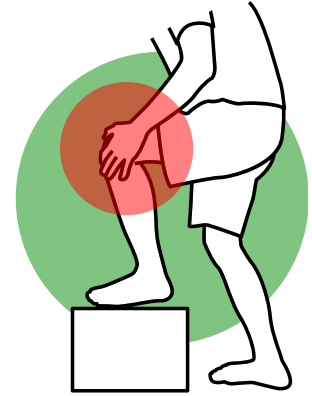


# Managing Knee Injuries

## 1 Traumatic

### Common Injuries:

- Ligament sprains or tears: ACL, PCL, MCL, LCL
- Meniscus tear
- Muscle tear
- Bone fracture



### Physiotherapy Advice:

- If patient can walk, likely not a fracture so refer for an ultrasound for soft tissue injury diagnosis
- Ice and simple pain relief for swelling and pain
- If patient is unable to walk or limping, refer for an X-Ray and ultrasound
- Seek Physiotherapy rehabilitation as risk of reinjury is highest in first year

## 2 Non-traumatic

### Common Injuries:

- Patellofemoral pain syndrome (PFPS)
- Quadriceps tendinitis
- Bursitis or Baker's Cyst
- Osteoarthritis



### Physiotherapy Advice:

- Simple anti-inflammatories may help
- Heat for stiffness inducing injuries, ice for throbbing, acute injuries
- Complicated diagnoses require specialised musculoskeletal testing

**Contact ALHACARE for a personalised assessment and treatment.**



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