

Knee Pain and Mobility Impairments in Adults



Why do I get knee pain?

Factors that can contribute to knee pain include:

- Kneeling, squatting, jumping
- Aging
- Overweight or obesity
- Previous injury
- Playing soccer and rugby

Will my pain go away?

- Most people with knee pain get better
- Treatment can reduce pain and help improve function

What can I do?

- Participate in your care with your healthcare provider
- Continue day-to-day activities even if you experience some pain (within reason)

Potential treatment options to discuss with your healthcare provider

- Progressive weight-bearing activities
- Progressive return to activity
- Active and passive knee range of motion
- Strengthening and neuromuscular exercise
- Neuromuscular stimulation/re-education

Contact your healthcare provider if you experience any of the following

- Sharp pain
- Persistent nagging ache
- Unexplained deformity
- Swelling or redness of the skin
- Weakness not due to pain
- Fever, chills, feeling ill
- Pain at rest