



Top 10 Most Burning Questions About Knee Pain

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1. Q: How long is this going to take to go away?

A: It depends...it depends on YOU.

In general, it takes to 4 to 8 weeks to go through the first 2 phases of healing (no pain, all movement and strength back to normal).

It may take another 1 to 4 months to get back to all activities you want to do...depending on how active you are. This is the third and fourth phase of healing.

Here are 10 variables that determine how fast someone can heal:

- ✓ Overall health. Healthy people heal faster. Younger people heal faster.
- ✓ Other health issues such as diabetes, heart disease, high blood pressure, tobacco use, alcohol abuse and body weight all influence healing rates...and make the time to heal longer.
- ✓ Diet. People who consume more nutrients in their calories (Dr. Joel Fuhrman calls this "Nutrarian") heal faster than those who primarily eat processed foods.
- ✓ Rest levels. Our bodies need sleep and rest to rebuild. A lack of sleep slows healing time.
- ✓ Stress levels. People who have high levels of stress heal more slowly.
- ✓ Sedentary lifestyle. People who sit all day for work or to watch TV heal more slowly.
- ✓ People who follow advice and instruction from top level healthcare professionals heal more quickly than those who do not follow-through with care.
- ✓ People who are highly aware of their daily postures and habits heal more quickly...because they can adjust habits such as sleep or activity levels more quickly.
- ✓ People with higher attention spans and that read about their condition are more likely to be self-educated on a topic and more likely to follow-through with successful treatment.
- ✓ People who are optimistic tend to be more persistent and won't let anything stop them.

2. Q: How long before I see improvements?

A: Most people we see in the clinic feel better in 2 to 3 visits...or within 1 to 2 weeks. If you go longer than 2 weeks without feeling better or moving better...you may be wrong about the cause of your knee pain regardless of what your X-ray or MRI shows.

3. Q: Can I be completely healed or will this come back again?

A: Most people we see who complete the 4 Phases of Healing (meaning they no longer have pain, motion and strength are back to normal and they're back to doing all the activities they want to do without pain)...they have a minimal chance the pain will return.

The more active the person is...the less likely the knee pain symptoms will come back.

Your body is a bit like a car. If you take care of it, regularly change the oil and keep it running and fine tuned...there will be little chance of break down.

If you ignore it...it will become more likely to break down and be in need of repair.

4. Q: Do I need any special equipment?

A: At Flex Physical Therapy, we use a minimalist approach...

We don't use big, fancy, expensive equipment...

There may be one exception, The 830Laser™ and BioQPulse also speeds the healing process and decreases pain rapidly.

Otherwise, most exercises can be done with a simple body weight resistance, exercise bands and a safe place to exercise.

Our model focuses on world-class hands-on Physical Therapy, a table and some basic exercise equipment you can use at home or on the road if traveling.

This works best for most people.

5. Q: Should I use heat or ice on my knee?

A: The cause of most knee pain is inflammation

So if you're inflamed...do you want to put heat on it and make it more inflamed?

Or ice to calm the inflammation down?

Ice is the best choice to control inflammation and provide pain relief.

6. Q: Which exercises should I do?

A: The best exercises for you depend on what the cause of your knee pain is.

The 4 most common causes are...

Knee Osteoarthritis

Ligament and Meniscus Injury

Tendonitis or Bursitis

Alignment Issues

Each has a series of gradually more advanced exercises.

So the key to picking the right exercise is to find the cause of your knee pain.

7. Q: How often should I do the exercises? And do I need to do them forever?

A: Most people we work with in the clinic for knee pain issues, do the exercises at least once per day...every day.

Some will do them up to 4 times per day.

Doing the same exact exercises for years without changing could be a mistake.

In general, to get stronger, your exercise should progress and gradually provide more challenge.

With training your body adapts.

Keeping that in mind, there are 2 rules to training:

1. Everything works.
2. Nothing works forever.

This means that exercise will make you stronger.

Once your body adapts, it's time to move on to something different or more challenging.

One of the best programs you can move on to once you complete the 3 Phases of Healing for your Knee Pain is a consistent low impact cardiovascular exercise program.

People who use low impact activities to exercise every day have less risk of reinjuring their knee.

8. Q: What do I need to do for complete care? Am I going to relapse?

A: The best thing to do for knee pain, if you are worried about it coming back again in the future, is to complete all 3 phases of healing.

Phase One is where you focus on getting rid of the pain, swelling, and inflammation.

Phase Two is where you focus on getting normal movement back and full strength.

Phase Three is where you build up your strength and stability.

Phase Four is when you go back to previous activities you want to do.

In our clinic, after we see a person who has had knee pain...and they are now pain free and have full motion and full strength, we ask:

“What activities have you avoided in the past month that you want to get back to doing?”

Some will say walking, or golfing or gardening...something along those lines.

And we'll tell that person to take the next month or two and do everything you want to do that you could do before.

They keep doing their exercises at home to get stronger and stronger.

Many come back for a follow up appointment down the road and have no trouble at all.

Some do have a relapse.

We then take a look at the activity and at the program and help them get on the right track.

As mentioned before, people who are active recover more quickly...

So it's usually only one or two visits before that person is on the right track again.

9. Q: How do I know the cause of my pain?

A: There are 4 common causes of pain...and here are some general guidelines for each.

People with knee pain from arthritis usually have pain with weight bearing activities that occurs progressively over a period of time. Often, there is no one injury, but it occurs gradually.

Ligament and Meniscus injuries usually occur from trauma or twisting type injury. It is a sudden onset and there is swelling within hours of the injury. The knee may feel unstable, lock, or click.

People suffering from tendinitis or bursitis tend to have pain with the same repetitive movements, The knee is painful and weak.

Alignment issues usually affect those under the age of 25. The knee is painful with steps, running, squatting, kneeling, and sitting for long periods of time with the knee bent.

10. Q: What can I do at home?

A: Avoid the activities that cause you pain is the first step. Next is to use ice and rest to control the inflammation and pain. Once, the knee has settled down and is not as painful, start with gentle range of motion exercises until you have full range of motion in the joint. Then begin light strengthening exercises for the quadriceps, hamstrings, and calf muscles. As the knee gets stronger and less painful, you can gradually return to your normal activities. At any time, if the pain or swelling returns you should seek medical attention.

If you continue to have symptoms, call Flex Physical Therapy today for an appointment before it gets worse. (712) 256-1800.