

Possible Causes of Knee Pain by Dr. Loraine Lovejoy-Evans, DPT, physical therapist



When the pelvis is not aligned appropriately, the skeleton is not in neutral alignment such as shown in the paper-plate spine. When the pelvis is out of alignment one of the legs is functionally longer than the other one. Alignment problems of the skeleton can cause problems in all joints and muscles

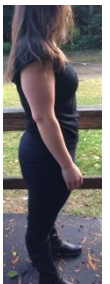


and eventually will lead to mechanical wearing of the joint structures causing arthritis.

These alignment problems can often be improved by working to establish normal alignment of the skeleton and therefore the joint. One of the techniques that I have found to be helpful is Strain and Counter Strain developed by an osteopathic physician, Lawrence Jones, D.O. It is a highly specialized stretching protocol that I have turned into a home program to teach patients. I call this “Releasing Joint Restrictions”. The “horse and thinker” position is the first technique that I turn to in addressing joint pain anywhere in the body.



Further mechanical breakdown can occur due to poor posture causing abnormal torque forces through the joint structures. Working on keeping the forces through the joints in a neutral position can help, such as avoid bending knees backward or twisting/tilting the pelvis or leg.



Swelling is another possible cause of knee pain. In 2007, I did my doctoral research on controlling knee pain by treating swelling problems. This 42-year-old showed very little swelling in his left leg but after wearing compression stockings and doing Manual Lymphatic Drainage (MLD) massage technique his knee

pain reduced from 6/10 to 3/10 when he stood up from sitting, he lost 2 cm off the calf and ankle, and he gained 12 degrees of motion. Several older patients in the study noted pain walking through Costco reduced from 8/10 to 2/10, lost girth, and improved range of motion in knee after 2 weeks of wearing compression socks and doing MLD.

By addressing alignment problems, posture problems, and swelling problems, I have had several patients able to control their knee pain without medications or surgery.