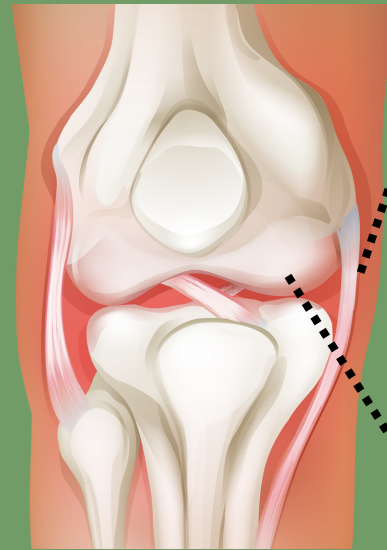




Medial Knee Pain

- Pain on the side of the knee closest to the middle of your body.
- The knee allows movement, flexibility and stability.
- It is a complex structure made up of bones, ligaments, tendons and cartilage.
- The knee is a very active joint, this means it is easily susceptible to injury.



Medial collateral ligament

Meniscus

Medial collateral ligament tear

- Ligament that runs from inside surface of the upper shin bone to the inner surface of the bottom thigh bone.
- Keeps shin bone in place.

Medial collateral ligament injury:

- Caused by force applied to the outside of the knee.
- in golf, can be caused by twisting during swing.
- Can be strained or torn.

Medial Meniscus

- A c-shaped pad of cartilage between the shin and the thigh.
- It cushions and stabilises the joint.

Medial meniscus injury:

- Damage to cartilage
- Caused by forcibly twisting/ rotating the knee.

Although two different injuries, they can present very similarly.

Symptoms include:

- Inflammation
- severe pain
- instability
- popping
- leg locking.

Recovery and treatment:

- Ice the area for up to 20 mins, every 2/3 hours
- rest until pain and swelling decrease
- wear a knee support
- seek physiotherapy- strengthening exercises, preventative measures.
- MCL recovery time: 1-6 weeks
- Meniscus recovery time: 4 weeks-6 months