There are two common injuries which can cause medial knee pain

Medial collateral ligament injury

- Caused by force applied to the outside of the knee.
- In golf, this can be caused by twisting during your swing.
- You can either **strain** or **tear** this ligament.

Medial Meniscus Injury

- Damage to cartilage (flexible tissue that protects your joints)
- Caused by forcibly twisting/ rotating the knee.

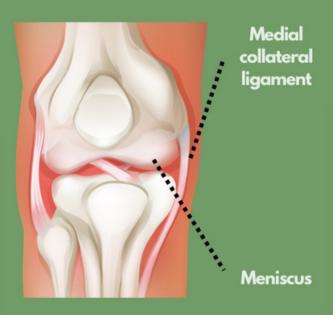
Injury prevention

- 1. Warm up and stretch
 before exercising (refer to
 Brierley Forest Golf Club
 website or speak to our golf
 coach!)
- 2. **Knee strengthening exercises** e.g lunges, straight leg raises.
- 3. Wear correctly fitting footwear
- 4. Work with golf coach to perfect your golf swing technique (bad form is a leading cause of golf related knee injury)
- 5. **Speak to our in house physio** for extra advice.



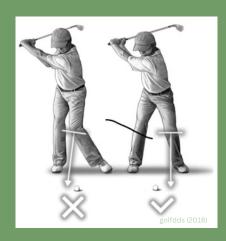


Medial Knee Pain



Pain on the side of your knee, closest to the middle of your body

The knee



The knee is a complex structure made up of bones, ligaments, tendons and cartilage. It is responsible for movement, flexibility and stability.

Due to its nature, the knee is used a lot in day to day activity and its physical demands are increased during exercise, making it a joint that is very easily injured.

Recovery and Treatment

- Ice the area for up to 20 mins, every 2/3 hours.
- **Rest** until <u>pain</u> and <u>swelling</u> **decrease.**
- Wear a knee support during exercise.
- Seek physiotherapystrengthening exercises, preventative measures.

Medial collateral ligament recovery time: **1-6 weeks**

Meniscus recovery time:

4 weeks-6 months

Medial collateral ligament:

- Ligament that runs from inside of your upper shin to the inner surface at the bottom of your thigh.
- It keeps your shin bon in place.

Medial Meniscus:

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

Symptoms of medial knee injury:

- Swelling around the knee
- Severe pain
- **insability**/ feeling like your knee is going to "give way"
- Popping sound or sensation
- leg locking

