



KNEE PAIN GPS

GENERAL POINT
OF SYMPTOMS

OUTSIDE OF THE KNEE:

- **Lateral Collateral Ligament Injury:** Instability with side to side movement
- **Lateral Meniscus Injury:** Pain increases with deep squat or kneeling
- **IT Band Syndrome (Jumper's Knee):** Overuse or repetitive friction of the tendon at the attachment site

INSIDE OF THE KNEE:

- **Medial Collateral Ligament (MCL) Injury:** Instability with side to side movement
- **Medial Meniscus Injury:** Pain increases with deep squat or kneeling, occasional knee buckling
- **Plica Syndrome:** Overuse or repetitive stress with bending and squatting

JOINT LINE PAIN:

- **Arthritis:** Pain, swelling, stiffness
- **Gout:** Swelling of the joint
- **Fracture:** Pain in knee cap, swelling, deformity, loss in range of motion
- **Meniscus injury:** Pain can be either inside or outside of the knee
- **Joint Capsule:** Inflammation with repetitive stress or irritation

FRONT OF THE KNEE:

- **Patellafemoral Syndrome (Runners Knee):** Pain on the underside of the "kneecap" - pain increases with sitting, repetition, climbing or descending stairs
- **Patellar Tendonopathy:** Pain over patellar tendon, due to overuse or repetitive stress
- **Prepatellar Bursitis:** Injury typically occurs with repetitive kneeling
- **Anterior Cruciate Ligament (ACL) Injury:** Injury typically occurs when foot is planted and knee caves inward