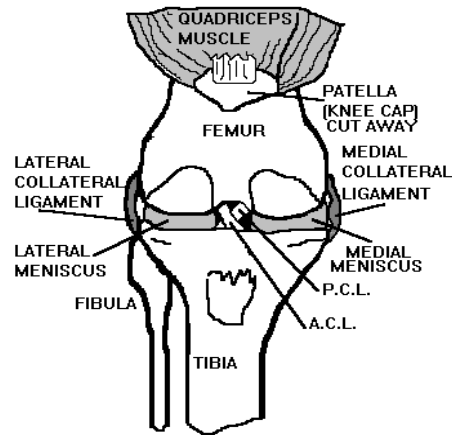


## KNEE ANATOMY



## MENISCUS PROBLEMS

The menisci are pieces of cartilage between the bone that act as shock absorbers. They are thicker on the outside and thin toward the middle. Menisci can become bruised or torn by poor joint mechanics or injury. Once injured, they are slow to heal and if they are not taken care of, they often start degenerating. Injured menisci also change the way you walk which can lead to problems in other areas of your body, such as low back pain.

The most common mechanism for tearing a meniscus is a blow from the side. When hit from the outside of the knee the medial collateral ligament pulls on the medial meniscus causing it to tear in the middle. If the tear is contained within the meniscus, then it is called an incomplete tear or bucket handle tear. If it tears all the way through, then it is called a complete tear. Complete tears can cause the joint to give way, lock, or pop. Once the injury has reached this point, it is likely that surgery is needed. Your Chiropractor will refer you to an Orthopedist. Following surgery you may return to the chiropractor for rehabilitation. Rehabilitation includes reducing the inflammation, mobilization, and exercises to strengthen and retrain the muscles. Rehabilitation is necessary to help prevent or slow the degenerative arthritis that you are now predisposed to. The best way to treat meniscus problems is prevention and early detection so see your Chiropractor as soon as it shows up.

## COMMON KNEE PROBLEMS

**SPRAIN LIGAMENTS**-Ligaments connect bone to bone. When ligaments are torn, they are said to be sprained. There are three grades of tears 1, 2 and 3 or mild, moderate, and complete. A complete tear may require surgical repair.

### STRAINED (PULLED) / TORN MUSCLES

A strain is a tear in the muscle or tendon. Muscle strains are also graded. A pulled muscle is a minor to moderate tear and can be treated conservatively. However, a complete tear may need surgical repair. Complete tears often result in the inability to move the related limb.

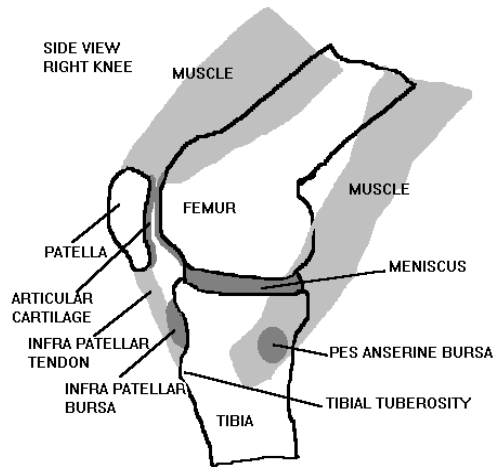
**TENDINITIS**- Tendons connect muscle to bone. When tendons become irritated via injury, overuse, or poor joint mechanics, they swell or inflame. Inflamed tendons can become quite painful, which makes stair ascending or descending very difficult.

**BURSITIS**- Bursitis is an inflammation of the bursa. A bursa is a fluid filled sack that lubricates the tendons as they move over the bone. This reduces friction and thereby reduces wear and tear on the tendon.

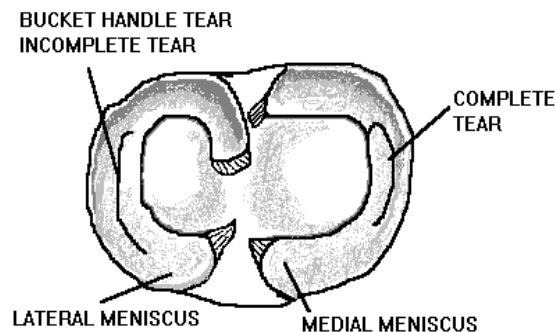
**CHONDROMALACIA PATELLA**- This is an inflammation of the articular cartilage (a Teflon like coating between the bones). When the bones are not moving properly they are said to have poor mechanics, this is the major cause of chondromalacia patella. Because the bones are not moving the way they should, the cartilage starts to break down or wear out. This breaking down of tissue causes inflammation and pain.

**PLICA**- Plica is a name for a fringe or flap of tissue that gets trapped between the patella (knee cap) and the femur. This condition causes knee pain with prolonged sitting and is often accompanied by a clicking noise.

**OSGOOD SCHLATTER'S DISEASE**- This is a condition that affects children. The infra patellar tendon pulls off a piece of the tibial tuberosity before the bones have a chance to fuse



TOP VIEW OF RIGHT TIBIA



**WHAT KIND OF KNEE PROBLEMS DO CHIROPRACTORS TREAT?**

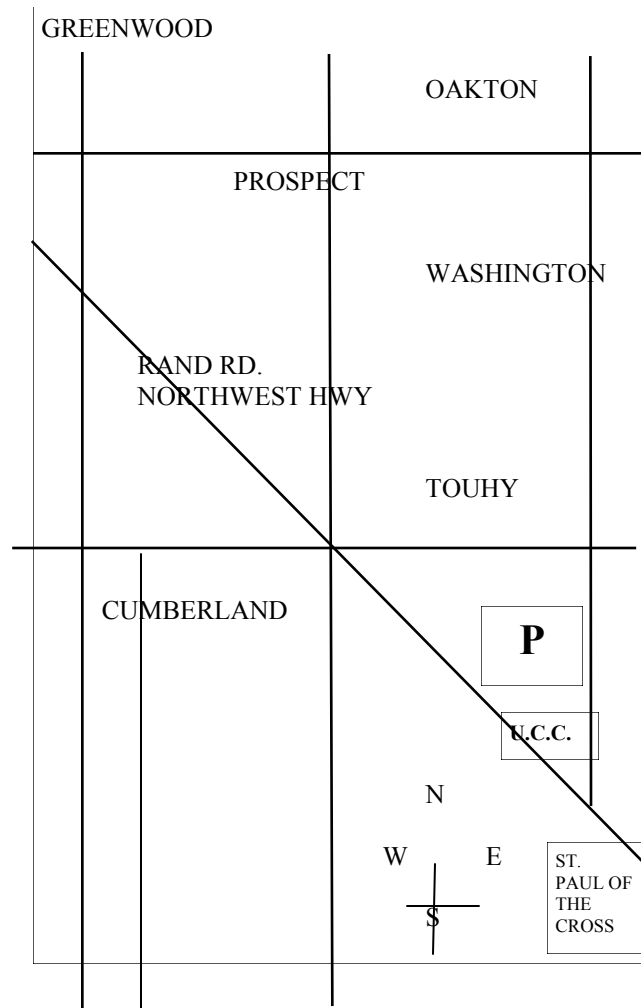
- Baker's Cyst
- Bursitis
- Chondromalacia Patella
- Degenerative Joint Disease
- Dislocating patella
- Ilio-Tibial Band Syndrome
- Meniscus Pain
- Muscle Imbalance
- Muscle Tears
- Osgood-Schlatter's Disease
- Patella-Femoral Tracking Disorder
- Plica
- Post Surgical Rehab
- Tendonitis

**HOW DOES A CHIROPRACTOR HELP KNEE PROBLEMS?**

- Examination and diagnosis
- Decreasing the pain
- Controlling inflammation
- Mobilization of the joint
- Correcting the joint mechanics
- Breaking up scar tissue and adhesions
- Retraining the muscles
- Strengthening and balancing the muscles to help you get back to everyday life and prevent reinjury.

**DR. CRAIG MORSE  
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Uptown Chiropractic Clinic is located in the heart of Park Ridge on Northwest Hwy. close to Washington Street. There is ample parking in the public parking lot. There are entrances to the parking lot from Touhy Ave., Washington St., and Northwest Hwy.



**KNEE PAIN**



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