

What is it?

Knee pain is pain you can feel in the knee joint or around the knee. Knee pain can be caused by an injury or a medical condition. Common causes include:

- Ruptured ligament
- Torn cartilage
- Arthritis
- Gout
- Infection

Your treatment will depend on the cause of the pain. Some types of knee pain can be treated at home with exercises. Pain-relief medications may also help. Knee pain is common and surgery is rarely needed.

What will my GP do now?

Your GP may talk to you about your lifestyle, activities and injuries to find the cause of the pain. Your GP may also check your range of movement and suggest you see a physiotherapist.

If the pain is due to a health concern, your GP will aim to treat the cause. Medications may help to ease the pain so you can resume your normal activities.

Your GP may also talk to you about what you need to avoid until the cause of the pain is found.

What will my GP do in the future?

Your GP may check on your knee again in the month after your first visit. If you still have knee pain, your GP may suggest you have some tests. If your knee pain is improving, your GP may discuss how to ease back into activities and exercise to prevent further pain. Your GP can refer you to a physiotherapist if you need support.

What questions could I ask my doctor?

- How long will my knee pain take to heal?*
- What pain-relief medication can I take?*
- What activities should I avoid?*



What can I do?

Follow your GP's advice about treatment and rest. Sometimes, taping your knee may help to support it while it is healing.

Ask your GP about strength exercises that can support your knee, when you can return to sports and if you need to avoid any activities.

Keep an eye on your symptoms. See your GP if the knee pain is not getting better.

If you are overweight or obese, consider a weight loss program to reduce pressure on your knee.

What supports are available?

If your knee pain is not getting better, your GP can refer you to a physiotherapist or private specialist. Ask your GP about the options.

Where can I learn more?

- **Patient.info** – Knee and kneecap pain: patient.info
- **OrthoInfo** – Patellofemoral Pain Syndrome: orthoinfo.aaos.org

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory factsheets are endorsed by South Western Sydney PHN's Community Advisory Committee and local GPs

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