Fact Sheet
Knee Pain

What is Knee Pain?

Knee pain is one of the most common causes of people to stop exercising or stop doing their daily activities.

As the feet and the knees are connected through the kinetic chain in the gait cycle, an abnormality in the knee can cause pain in the feet and an abnormality in the foot biomechnics can cause pain in the knees. An example of this is if a patient has a flat or over pronated foot, this abnormality causes the knee to come out of alignment and therefore can be the cause of significant knee pain.

There are commonly two types of injuries which can cause knee pain:
– Acute injuries eg. Ligament tears
– Overuse injuries

As podiatrists, we generally see the overuse type injuries. Long term overuse injuries on the knee put you at higher risk of sustaining an acute injury that may result in tendon, ligament or cartilage damage to the knee joint.

Causes

- Poor, unsupported footwear
- Inappropriate training surfaces / programs
- Poor foot posture and abnormal lower limb biomechanics
- Flat feet/ high arched feet
- Previous trauma without proper rehabilitation

Treatment

At Highett Podiatry, the first thing we will do is check whether your knee pain is related to foot function. Based on our assessment and depending on the cause of your knee pain, we may prescribe custom or prefabricated over the counter orthotics, as well as advice for appropriate footwear to improve foot function. Orthotics and suitable footwear can improve foot position, so that stressful forces on the knees are reduced.

Highett Podiatry