

# Knee Pain

The term 'musculoskeletal' refers to muscles and bones, and there are a range of common problems with muscles and bones that people with physical disabilities may experience.

Knee pain often occurs in people with cerebral palsy when the large front thigh muscles are over-worked. It is most common in people who have spastic diplegia type cerebral palsy. Patella alta and arthritis in the knee and patella (knee cap) are a very common reasons for pain in cerebral palsy, felt in the teenage years and into adulthood.

## What can I do to prevent knee pain?

Regular reviews with a physiotherapist is recommended for advice on walking, stretching, strength and general movement.

A yearly review with an orthopaedic surgeon to monitor your needs may be required. Surgery to change the line of your muscles and the position of your joints and bones may benefit you.

Seek help for any pain as soon as it happens.

## What do I do if I get knee pain?

See your GP for advice on medications to help with pain.

See your physiotherapist as soon as possible for review and management of your current pain and to find ways to reduce the pain happening again.

If pain continues despite all conservative management, see an orthopaedic surgeon for advice.



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