

General Knee Pain

Many times we feel an instability in the knee which may or may not create pain or swelling. This could be due to several factors and only a good orthopedic assessment and some imaging can truly determine the extent of the injury. The difficulty lies when one needs to stay active to mitigate other health issues, but the knee is a limiting factor and the pain and swelling makes it hard to move efficiently and stay active.

Symptoms:

- Irritation (tendomyopathy, ligament insertion degeneration, meniscopathy, osteoarthritis, arthritis, post-traumatic and post-operative)
- Recurrent joint effusions
- Feeling of instability
- Knee strains or sprains
- Recurrent knee pain
- Pre and post-operative knee swelling and inflammation
- Adolescent knee pain
- Osgood-Schlatter's disease
- Degenerative joint disease (osteoarthritis)

Treatment:

Keeping the joint moving will allow proper nutrients into the joint and keep the joint mobile. Strengthening the knee joint can help decrease pressures placed onto the knee joint. It is important to not only strengthen weak structures, but to increase flexibility in the tissues that are restricted.

Brace Recommendation:

For individuals with generalized knee pain we recommend the GenuTrain. The GenuTrain active support consists of an anatomically contoured knit and an integral, ring-shaped, functional visco-elastic cushion, the Omega pad. It relieves pain by providing the therapeutic pressure of the support from the kneecap to the soft tissues of the knee. Two nubs on the lower edge of the pad, the Hoffa pads, exert pressure on the infrapatellar fat pad, thereby also increasing relief for the kneecap and enhancing the pain-relieving effect. Lateral wings extend into the joint space of the knee, providing targeted pain relief at the meniscus in this sensitive area.

When walking or running with the GenuTrain, the muscular contractions cause the pressure to rise and fall, thereby resulting in an effect which is similar to an intermittent compression massage. This stimulates the metabolism and helps to dispel swelling and hematomas more quickly. The support also stimulates receptors in the soft tissue of the knee and on the skin. The surrounding musculature is also activated and effective, long-term stabilization for the joint is achieved.



