

Chronic knee pain: evidence-based physiotherapy management

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Chronic knee pain is common in sporting and general populations and often presents to physiotherapists for management. The two most prevalent conditions contributing to chronic knee pain are patellofemoral pain syndrome (PFPS) and knee osteoarthritis (OA). This workshop will cover the aetiology, diagnosis, assessment and conservative management of these two conditions. A focus will be placed on examining the evidence to support our current thinking about these conditions and their management.

Course outline:

Patellofemoral pain syndrome

- Definition, prevalence and diagnosis of PFPS
- Biomechanics of the patellofemoral joint
- Osseoligamentous, muscular and neural contributors to patellar tracking and impairments in PFPS
- Clinical examination
- Treatment options including patellar taping, VMO retraining, orthotics, biofeedback, soft tissue massage, stretches and hip muscle strengthening
- Evidence-based clinical practice

Knee osteoarthritis

- Epidemiology including prevalence and risk factors
- Pathophysiology
- Role of knee loading in the development and progression of disease
- Role of local biomechanical and neuromuscular factors in influencing pain, function and disease progression
- Assessment including subjective examination, physical examination, imaging findings and outcome measures
- Surgical, drugs and nutraceutical management
- Physiotherapy management including exercise, patient education, knee taping, bracing, footwear, orthotics, manual techniques, gait retraining, gait aids, soft tissue techniques, electrotherapy and self management programs