Twitter Thread by Hristo_McIntosh Esq.



Hristo_McIntosh Esq.
@Hristo_McIntosh

#RunBetter■
WHAT KIND OF KNEE PROBLEM DO YOU HAVE?

Does your knee hurt after a run or other workout? It’s not always runner’s knee; you may be suffering from jumper’s knee or pes anserinus syndrome.

Here you will find an overview of the three most common problems

A■

3 COMMON KNEE PROBLEMS:
#RunBetter■

RUNNER’S KNEE:

If it hurts on the outside of the knee and extends toward the hip, it is runner’s knee.
#RunBetter■

JUMPER’S KNEE

Isolated pain in the front of the knee on the lower pole of the patella is also called “patellar tendinopathy” (jumper’s knee).
#RunBetter■

PES ANSERINUS SYNDROME:

If pain develops on the inner side of the shinbone directly below the knee joint, it is most likely pes anserinus syndrome.
#RunBetter■

WHICH SPORT DO YOU DO?

In order to diagnose which knee problem you suffer from, it is important to look at how you workout. All three knee problems

can, indeed, develop in any sport...1/2

However, jumper’s knee – as the name suggests – is more common among athletes who do sports involving jumping (e.g. volleyball) or stop-and-go movements (e.g. tennis, soccer).
Runner’s knee and pes anserinus syndrome, on the other hand, usually appear in runners.
2/2
#RunBetter■

IS YOUR KNEE TENDER TO THE TOUCH?

¬ runner’s knee the tenderness is on the outer side of the knee joint.
¬ jumper’s knee the tenderness can be felt in 1 spot directly on the patellar pole.
¬ pes anserinus syndrome there is tenderness below the inner side of the knee joint.

In a nutshell, these 3 knee problems can usually be distinguished by the location of the pain. The type of sport you do can also provide helpful info. If the condition does not improve after treating it at home, you should consult a medical professional.

#RunBetter■

What kind of knee problem do you suffer from?

Treatment is necessary in all three conditions: ice and rest your knee! Avoid jumping or impact activities.
#RunBetter■