



# KNEE PAIN

Pain, stiffness or swelling in the knee

## CAUSES

### ARTHRITIS

See page 124.

### BURSITIS

See page 53.

### GOUT

See page 61.

### INJURY

Over-using the joints doing high-impact physical activity such as running may cause knee pain. This condition may be treated at home.

#### Symptoms:

- Pain in the knee
- Swelling

#### DO:

- Try the PRICE remedy. *Protect* and *Rest* the knee. Apply *Ice* to the affected area. Wrap the knee with a clean bandage (*Compress*), and *Elevate* it above the level of your heart, to reduce swelling.
- Get regular, moderate exercise. Under-using the joints may eventually cause joint pain as well.
- Try over-the-counter pain relievers like ibuprofen and acetaminophen.

#### DON'T:

- Don't engage in high-impact physical activity if your joints are still painful and swollen.



Although running is generally a good sport to take, pain or injuries may be experienced if you over-exert your joints and muscles.