

KNEE and LEG PAIN



Anterior (front) Left Knee

Medial (inside) Left Knee

Lateral (outside) Left Knee

Posterior (back) Left Knee

<u>Area of Pain</u>	<u>Structure</u>	<u>Acute Trauma</u>	<u>Chronic Overuse Injuries</u>
1	Quadriceps muscle	Strain or rupture, contusion	Strain
2	Quadriceps tendon, suprapatellar tendon	Avulsion of Quadriceps tendon, suprapatella bursitis	Tendinitis, apophysitis in younger individuals
3	Vastus medialis obliquus (VMO) muscle, medial	Strain of medial retinaculum or strain of VMO due to patella dislocation	Patella tracking disorder with chronic strain/sprain of medial retinaculum or VMO

	retinaculum of patella		
4	Patella, patella bursa	Fracture, dislocation, bursitis	Bipartite patella, chondromalacia patella
5	Medial tibiofemoral joint, meniscus, coronary ligament, medial patellofemoral ligament, medial plica	Fracture, medial meniscus tear, traumatic plica irritation	Sprain of either coronary ligament or patellofemoral ligament, or medial plica
6	Infrapatella fat pad	Fat pad irritation	Fat pad irritation
7	Patella tendon, infrapatella bursa	Bursitis	Patella tendinitis
8	Medial proximal tibia, pes anserinus insertion	Fracture, pes anserinus bursitis	Pes anserinus bursitis
9	Tibial tuberosity, patella tendon insertion	Fracture, avulsion fracture	Osgood-Schlatter disease in younger: patella insertion tendonitis in adults
10	Tibialis anterior, extensor tendons	Contusion	Anterior shin splints, extensor strain
11	Tibia	Fracture	Stress fracture
12	MCL, medial meniscus	Medial collateral sprain or rupture, medial meniscus tear	Mild MCL sprain, osteoarthritis
13	ITB	Contusion	ITB syndrome
14	Vastus lateralis, lateral retinaculum	Contusion	Vastus lateralis strain, lateral retinaculum sprain or fibrosis
15	Lateral tibiofemoral joint, lateral meniscus	Meniscus tear, fracture	Meniscus tear, capsular sprain
16	Fibular head, LCL insertion	Subluxation, dislocation, LCL sprain	Subluxation
17	Insertion of biceps femoris onto fibular head, peroneal nerve	Direct trauma to peroneal nerve	Biceps femoris insertional tendinitis, peroneal nerve entrapment
18	Lateral meniscus, popliteus tendon, lateral	Lateral meniscus tear	Popliteus tendinitis, lateral gastrocnemius strain, lateral meniscus tear

	gastrocnemius		
19	Semimembranosus insertion, medial meniscus, semimembranosus bursa	Medial meniscus tear	Bursitis, insertional tendinitis, medial meniscus tear
20	Medial head of gastrocnemius	Tennis leg	Strain of medial gastrocnemius