

Knee Pain

Knee pain is a common complaint. However, OMT does not come to mind as a common treatment for it. Yet OMT can definitely be employed for treatment of knee pain. The first question you need to ask is what is causing the knee pain? Is it an overuse issue? Is it Arthritis? Is it caused by an antalgic gait from a low back or hip injury? The advanced OMT provider may have treatments for all of these issues and can employ them. However is there one quick and effective technique which can be employed in all of these situations that can help? Below is a technique that may fit the bill.

1. Patient sitting on edge of bed with legs hanging over. Feet are off the floor
2. Provider sitting in chair in front of patient
3. Provider contacts the Tibia at the bony prominence where patellar ligament attaches (see circle on anatomy drawing) with thumbs
4. Provider presses slowly* with constant pressure medially and then laterally to determine which way it moves GREATER
5. The provider takes the tibia INDIRECTLY (the way it goes more) to treat Accentuating with the movements below
6. At maximum movement the end barrier is held then released in the order it was entered



To accentuate movement medially:

- Turn upper body towards opposite knee
- Dorsiflex the foot
- Breath in and hold breath (repeat for additional movement and follow movement)

To accentuate movement laterally:

- Turn upper body away from opposite knee
- Plantar flex the foot
- Breath out and hold breath (repeat for additional movement and follow movement)

*Described as moving a boat away from the pier