

## What is Causing the Pain Behind Your Knee? How to tell

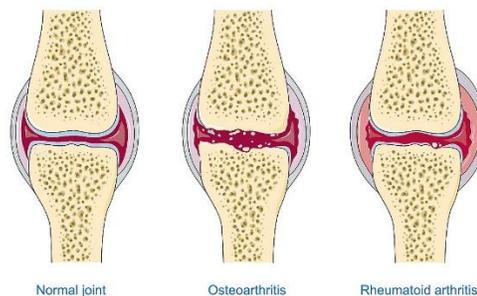
There are many different issues that could be causing pain behind your knee. The point of this video is not to self-diagnose your pain. We highly recommend you see a health care professional.

We will provide you with some common reasons for pain behind the knee in order that you can be somewhat informed when you seek medical help.

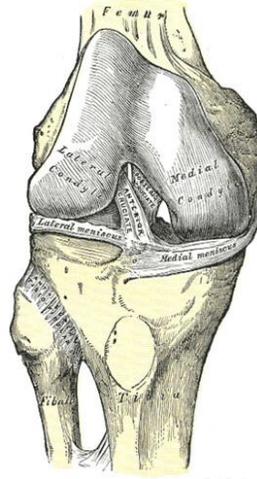
*Bakers Cyst or Popliteal Cyst (same thing):* If you feel a fluid filled bump behind your knee, it may be a cyst. A cyst behind the knee is usually the result of a problem inside your knee joint (arthritis or a cartilage tear). Both conditions can cause increased inflammation and increased synovial fluid which seeps into the bursa behind the knee. Unfortunately, it seeps through a one-way-valve phenomena and cannot seep back. Baker's Cyst can be asymptomatic or present with mild discomfort.

*Arthritis:* Arthritis can be the result of natural wear and tear of the knee joint (osteoarthritis), or it can be a more systemic inflammation problem caused by rheumatoid arthritis. Arthritis is generally worse with weight bearing, and stiffer in the mornings or after rest.

Osteoarthritis and rheumatoid arthritis



Cartilage tear in the back of the knee. A tear in your knee cartilage (meniscus) may be due to trauma or simply wear and tear. Depending on the locations and severity of the tear you may experience the following symptoms: Swelling, pain, decreased motion, locking of the knee, and/or creaking or popping of the knee.

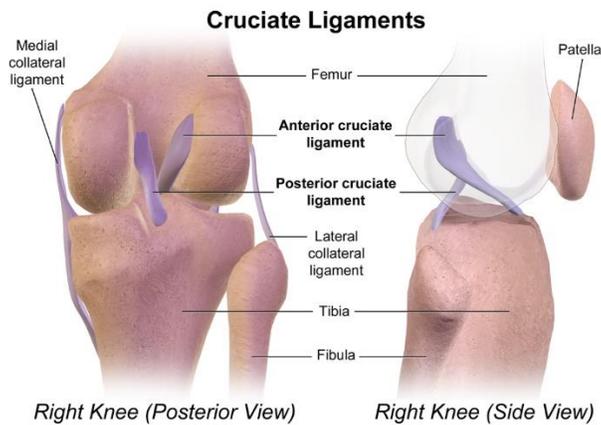


One test you can perform yourself is the ***Duck Walk or Childress Test***. Designed to stress the cartilage in the back of the knee you should squat down fully with the knees turned out. You can hold on to a wall for support. Once in this position attempt to waddle forward and back, and side to side like a duck. If you are unable to get into a deep squat due to increased knee pain, or you feel clicking with knee pain in the back of the knee, you MAY have some cartilage damage.



(Duck Walk)

Ligament tear: generally caused by trauma. Four main ligaments that could be involved: Anterior Cruciate Ligament (ACL), Posterior Cruciate Ligament (PCL), Lateral Collateral Ligament (LCL), Medial Collateral Ligament (MCL).



With ligament tears the start of pain may be severe and sudden. Often after an injury. You may hear an audible pop or snap, followed by swelling of the knee. The joint may feel loose. You may also have increased pain in the knee when putting weight on it - or you may not tolerate putting weight on it. Your healthcare provider can perform tests to determine the likelihood of a tear.

Muscle or tendon tear or strain - hamstring or calf sprain or tear. Indicated by sudden pain in your calf or hamstring muscles. Followed by swelling and inflammation. You may be able to feel point tenderness at the spot the tear occurred. Use of the calf or hamstring muscle generally increases your pain.

Deep Vein Thrombosis (DVT): A DVT is the occurrence of a blood clot in one or more of the deep veins of your leg. It can occur if you are on a medication affecting how your blood clots. It can also occur if you are immobile a long time due to surgery, long distant traveling (plane or car), or being on bedrest. DVTs can be serious because the clots in your veins can break loose and travel up and block blood flow in your lungs.



(DVT)

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Watch our video for more information: ***Is a Blood Clot Causing the Pain in Your Leg? (Deep Vein Thrombosis). How to Tell. How to Prevent.***