

# The Courtyard Clinic

Physical  
Health



## Osteopathy/Physiotherapy Sports & Remedial Massage

- Back, Neck & Shoulder pain
- Joint & Muscle Injuries
- Headaches
- Arthritis
- Rib Pain
- Sports Injuries

## Podiatry/Chiropody

- Toenail Problems
- Corns & Callouses
- Verrucae
- Diabetic Foot Checks
- Foot Odour
- Footwear Advice



Scan here to sign up to  
our regular mailout



"There are many diseases, that strike  
peoples kneeses"

- Spike Milligan: Scorflufus

Whenever a patient tells me that a problem in a knee is down to their age, I ask them how old their other one is. Age is never the cause of a problem in our body, but the that way it's been used and looked after might be. In the same way a 15-year old car could be in better condition than a 5-year old car if it's been cared for and regularly serviced, a 70-year old knee could be in as fine fettle as a 40-year old knee, if it's been looked after.



The knee is what is known as a 'modified hinge joint' which means that it bends like a hinge, but has an extra movement of rotation that occurs through the knee when we rotate our feet in or out. Bearing in mind the size of the forces that travel through the knee, a hinge joint is not what most engineers would choose to install there. There are several tricks that the body has in the bag to maintain stability, and it is usually compromise to the structures involved in this that lead to pain and dysfunction in the knee.

One of these structures is known as the meniscus. When people refer to cartilage in the knee, this is generally what is being described. The meniscus is a figure-of-8 shaped cartilage that lies on top of the shin bone and makes a pair of cups for the end of the thigh bone to sit in to make a good and stable fit. Meniscal injuries can occur with forced twisting of

## Disorders of the Knee

the knee and may be obvious straight away. Or they may be minor initially but then worsen with subsequent use. Often discomfort with meniscal injuries is accompanied by audible clicking, locking and sometimes even giving way of the knee.



The ligaments are a major factor in the stability of the knee and are commonly damaged in sporting injuries. This can create instability which can lead to difficulties later in life. Ligaments anchor one piece of bone to another and the position of its attachments determine what movement they stabilise. In the knee we have the Collateral Ligaments on the inside and outside of the knee which prevent the knee bending laterally from side to side. These can be damaged by a sideways impact. Inside the knee we have the cruciate ligaments and these prevent the thigh bone sliding forwards or backwards on the shin bone. These are commonly damaged by forced rotation through the knee when the foot is planted/fixated in place.

Ligament injury severity can range from a minor strain (which will cause some discomfort but will heal well and quickly) to a complete tear or rupture which may require surgery and long-term intensive rehabilitation.

Other structures that aid knee function are the bursae. A bursa is a fatty fluid-filled structure located between the skin and tendon or tendon and bone. The main function of a bursa is to reduce friction between neighbouring structures when they move. There are several bursae around the knee joint and these have the potential to become inflamed with altered knee function. Repetitive strain, muscular tightness and dysfunctional joint movement can all contribute towards swelling of a bursa. Symptoms of Bursitis include heat, pain and swelling. This condition may be easily resolved, or very stubborn, depending on the surrounding mechanics and why it has occurred in the first place.



Our advice at The Courtyard Clinic is to never be satisfied with saying "it's my age, I just have to put up with it" – We very rarely come across problems that cannot be provided with some relief, either by treatment with us and exercise, or through referral to the appropriate practitioner. If you are having any problems with your knees, if any of the conditions above sound familiar then come in for an assessment.

## The Courtyard Clinic - Osteopathy, Physiotherapy, Massage Therapy, Podiatry/Chiropody



**Jamie Lauder**  
Registered  
Osteopath



**Ben Brown**  
Registered  
Osteopath



**Matt Tomlin**  
Registered  
Osteopath



**Ryan O'Reilly**  
Registered Podiatrist/  
Chiropodist



**Wendy David**  
Sports & Remedial  
Massage Therapist



**Vicky Duerden**  
Chartered  
Physiotherapist

The Courtyard Clinic: 1, The Old Cutting Rooms, Church Walk, High St, Maldon - Tel: 01621 842 750

Clinic Opening Hours: Monday - Friday 8am to 7pm & Saturday 9am to 2pm

[www.osteopathmaldon.co.uk](http://www.osteopathmaldon.co.uk) | [info@osteopathmaldon.co.uk](mailto:info@osteopathmaldon.co.uk)

Find us on : The Courtyard Clinic - Osteopathy & Massage Therapy