

There are two common injuries which can cause medial knee pain

Medial collateral ligament injury

- Caused by **force** applied to the **outside** of the knee.
- In golf, this **can be caused by twisting** during your swing.
- You can either **strain** or **tear** this ligament.

Medial Meniscus Injury

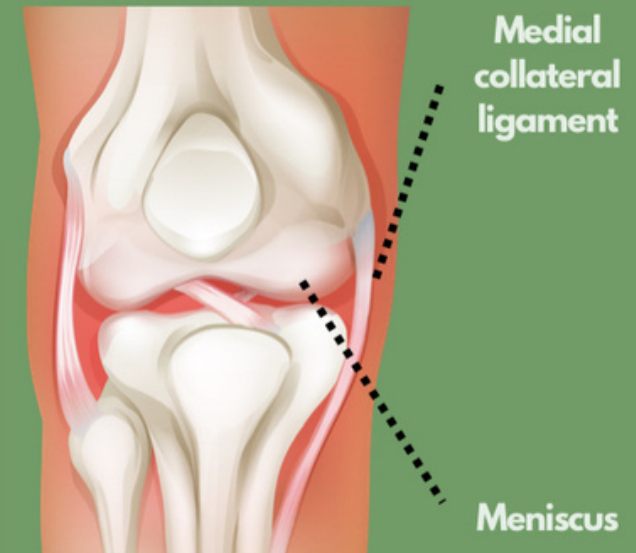
- Damage to **cartilage** (flexible tissue that protects your joints)
- Caused by **forcibly twisting/rotating the knee.**

Injury prevention

1. **Warm up and stretch before exercising** (refer to Brierley Forest Golf Club website or speak to our golf coach!)
2. **Knee strengthening exercises** e.g lunges, straight leg raises.
3. **Wear correctly fitting footwear**
4. **Work with golf coach to perfect your golf swing technique** (bad form is a leading cause of golf related knee injury)
5. **Speak to our in house physio** for extra advice.

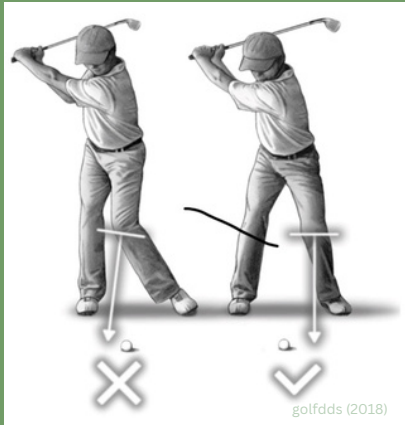


Medial Knee Pain



Pain on the side of your knee, closest to the middle of your body

The knee



The knee is a complex structure made up of bones, ligaments, tendons and cartilage. It is responsible for movement, flexibility and stability.

Due to its nature, the knee is used a lot in day to day activity and its physical demands are increased during exercise, making it a joint that is very easily injured.

Recovery and Treatment

- **Ice** the area for up to **20 mins, every 2/3 hours.**
- **Rest** until pain and swelling **decrease.**
- **Wear a knee support** during exercise.
- **Seek physiotherapy-**strengthening exercises, preventative measures.

Medial collateral ligament
recovery time: **1-6 weeks**

Meniscus recovery time:
4 weeks-6 months

Medial collateral ligament:

- Ligament that runs from inside of your upper shin to the inner surface at the bottom of your thigh.
- It keeps your shin bon in place.

Medial Meniscus:

- A c-shaped pad of cartilage between your shin and thigh.
- It cushions and stabilises your knee joint.

Symptoms of medial knee injury:

- **Swelling** around the knee
- Severe **pain**
- **insability/** feeling like your knee is going to “give way”
- **Popping** sound or sensation
- leg locking