

Anterior and Lateral Knee Injuries

Learning Objectives

- The diversity of conditions causing anterior or lateral knee pain originates in the complex anatomy of the knee.
- This resource will focus on infra-patellar fat pad impingement, Osgood-Schlatter syndrome, and iliotibial band friction syndrome. Ligament and patella related causes of knee pain are covered in another resource.
- History and clinical examination are key to accurate diagnosis.
- Return-to-Sports and prevention of recurrence and chronic issues, which may be career threatening, include regular exercises to improve motor control and strength of local, proximal and distal muscles.
- Always rule out red flag symptoms that may indicate a more sinister diagnosis such as bone tumours.