

HEALTH TIP



THE WIN WITHIN
VICTORIOUS

ANTERIOR KNEE PAIN IN ACTIVE ADOLESCENTS

Athletic teens and young adults, especially females, can experience knee pain in the front or center part of the knee. What to know:

- Anterior knee pain in adolescents is not usually caused by a physical knee abnormality.
- Overuse or inadequate training programs can contribute to adolescent anterior knee pain.
- Simple steps like rest, OTC medications, and strength-training exercises can relieve most adolescent anterior knee pain symptoms.
- Other causes can include thigh muscle imbalance, tight quadriceps and hamstring muscles, improper sport technique, or changes in footwear or playing surface.
- If the pain is severe or accompanied by popping, clicking, or instability, a physician should be consulted as soon as possible.



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