

# Treatment of Knee Pain Using Soft Tissue Mobilization

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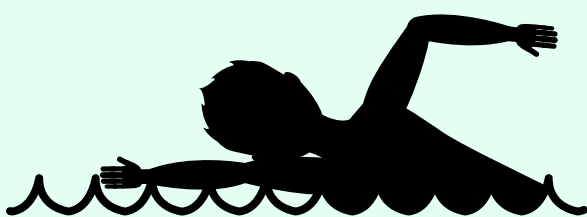
## Problem:

Lateral knee pain in triathletes commonly occurs because of the repetitive stress that cycling and running place on musculotendinous structures that surround the knee



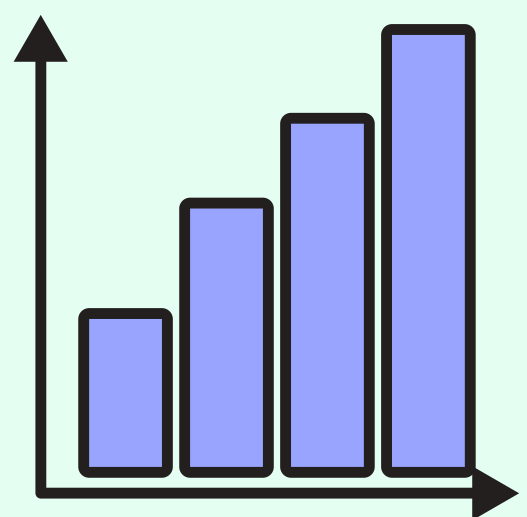
## Findings:

- Week 4: three athletes showed a clinically relevant improvement in their function of everyday tasks
- Week 8: the three who showed improvement reported a meaningful self-perceived change in health status and were able to return to training
- The fourth triathlete did not respond to treatment and underwent surgery for a lateral meniscus tear



## Research Question:

Can treatment involving soft tissue mobilization of musculotendinous structures result in improvement in persistent lateral knee pain and tissue restriction for the four triathletes involved in this study?



## Application:

Success of treatment is dependent on an accurate diagnosis. Soft tissue treatment is applicable for triathletes with lateral knee pain who have no underlying structural damage

<http://ijtmb.org/index.php/ijtmb/article/view/239/294>

