

# Knee Pain Diagram



- Apophysitis**  
Sinding-Larsen-Johansson (top)  
Osgood Schlatter (bottom)
- Joint lines**  
ACL/PCL, meniscus tears, joint injury
- Patellar Tendon**  
patellar tendinitis/tear, Hoffa's impingement
- Peripatellar pain**  
Patellofemoral pain, pre patellar bursitis
- Medial knee**  
MCL injury, medial meniscus
- Lateral knee**  
LCL injury, lateral meniscus
- Quadriceps tendon**  
Quad tendinitis, quad contusion/tear
- Posterior knee**  
PCL injury, hamstring pain, Baker's cyst, posterior meniscus tears

# Knee Pain

## Reasons to Image

- Acute injury
  - High energy
- Swelling/redness
- Isolated unilateral pain
- Catching/locking
- Instability
- Unable to move, examine, or weight bear
- Failing conservative care (PT, rest, etc.)

*\*X-rays views should include:  
AP, Lateral, Sunrise, Tunnel*

*\*\*Remember hip pain often  
presents as knee pain*

## Reasons to Refer

- Failing conservative care (PT, rest, etc)
- Swelling
- Catching/locking/instability
- Numbness/weakness
- Concerns on imaging