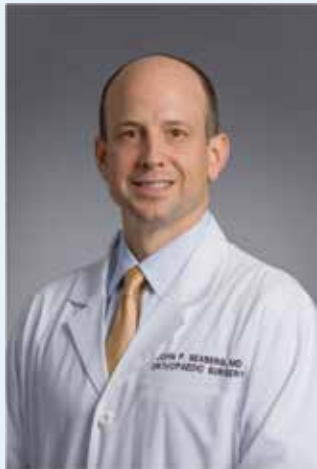


## Managing Knee Pain in the Summer Months



**By: John P. Seaberg, M.D., Houston Methodist  
Orthopedics & Sports Medicine**

Signs of a more serious injury include severe pain with weight-bearing activity, joint swelling, feelings of instability or “giving way,” and mechanical symptoms such as catching or locking. Another sign of a more serious injury is pain from an injury that lasts for more than three weeks despite appropri-

ate home treatment as outlined above.

If you have any of these symptoms you should be seen for a full evaluation.

Dr. John P. Seaberg is a board certified orthopedic surgeon with subspecialty training in orthopedic sports medicine - from the renowned American Sports Medicine Institute in Birmingham, Alabama. He is head team physician to Prairie View A&M University. For more information on Dr. Seaberg or Houston Methodist Orthopedics & Sports Medicine, call 281.737.0999. ♦

Summer is here and our patients are active playing sports, traveling and enjoying the season! With this increased activity can come a few aches and pains— particularly following more sedentary winter months. A common summertime complaint is knee pain, and a common concern among those experiencing it is how to determine if the pain is serious enough to warrant a trip to the doctor’s office.

Knee aches and pains can result from increased activity. The vast majority of these “overuse” injuries are related to soft tissue inflammation (irritation of the ligaments, tendons and muscles). These types of injuries usually respond to a home treatment program that can keep you out of the doctor’s office. This program includes a period of active rest, ice and/or heat, a home stretching program, and over the counter pain relievers (anti inflammatories).

Active rest refers to a period of lower intensity and/or lower impact exercise— allowing the injury to heal while maintaining one’s physical fitness level. An example of active rest would be a distance runner who exercises by riding a bicycle rather than their traditional run. The target heart rate should be 60-70% of your maximum heart rate.

Stretching the major muscle groups that cross the knee joint is also an important step in the healing process. Stretching is best performed after a brief warm-up period such as a brisk walk. At a minimum the quadriceps, hamstrings and calf muscles should be stretched. Hold each stretch for 20 seconds and preform at least three repetitions.

