

Your Knee Pain Notes

7 Things Worth Noticing Before Your Next Appointment

Knee pain can be difficult to explain when there wasn't one obvious injury. Noticing a few simple patterns can help you describe what you're experiencing and give your healthcare practitioner useful information to work with. You don't need to work out the cause yourself — just notice what your knee is telling you.

- 1

Where exactly do you feel it?
Front of the knee, inside, outside, behind the knee or more generally through the joint?

- 2

When do you notice it most?
Walking, stairs, squatting, getting up from a chair, after sitting, running, kneeling or at night?

- 3

Did anything change recently?
More walking, running, gym work, sport, gardening, work demands, travel or returning to activity after a break?

- 4

Is there any swelling?
Does the knee look or feel puffy, tight or different from the other side? Does the swelling come and go?

- 5

Does it catch, lock or give way?
Does it click or catch, feel as though it might buckle, or ever become genuinely stuck and difficult to move?

- 6

What makes it better or worse?
Movement, rest, sitting, stairs, changing position, heat, ice or something else?

- 7

What do you want to get back to doing?
Walking comfortably, using stairs, exercising, playing sport, working, kneeling, gardening or simply moving without thinking about your knee?

Worth mentioning promptly

Tell your healthcare practitioner if your symptoms are becoming progressively worse, there is persistent or significant swelling, the knee repeatedly gives way or genuinely locks, you are losing movement, or pain is regularly disturbing your sleep.

Seek urgent medical assessment if the knee becomes hot and markedly swollen and you feel unwell, you suddenly cannot bear weight, you develop significant calf swelling or warmth, or you develop rapidly worsening weakness or numbness.

Take this with you — or use it to jot down a few notes before your next appointment.

In The Waiting Room

This resource provides general health information only. It can help you notice and communicate your symptoms but cannot diagnose the cause of knee pain. Your healthcare practitioner remains the point of care.