A man in a dark grey athletic outfit is running on a paved path. He is wearing a blue and black knee brace on his right knee and a black arm sleeve on his left arm. The background is a blurred green park setting.

medi

Guide

Knee instabilities

Information brochure with
exercises to complement therapy



medi. I feel better.



Knee instabilities – the facts

The knee joint is always in motion: Both in everyday life and during sports, it is subjected to various loads and strains. This means that the knee joint can become overloaded. Minor and more severe injuries may impair the function of the joints and wear and tear may occur (osteoarthritis). If the knee joint is no longer as stable as it should be, this is deemed to be knee instability.

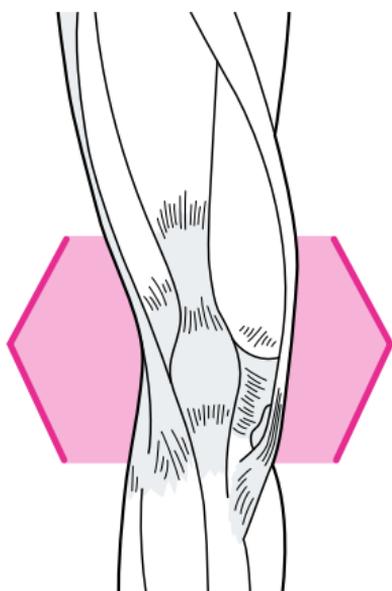
Instability in the knee joint can be caused by damage to the ligaments, the knee joint cap or the menisci, for example. Knee instability can also be caused by leg axis misalignment, such as knock knees or bandy legs, which often cause wear and tear of the joint.

This chiefly affects these patients

Knee instabilities more commonly occur among men over the age of 40, however, women can also be affected. The cause is often an earlier knee injury (due to sports, for example). The ligaments are no longer able to stabilise the joint as normal, and the result is instability and pain in the knee.

Symptoms – this pain may occur

The knee instability may be associated with recurrent, strain-dependent and ongoing pain. The patient is generally able to observe a feeling of instability in the knee.



History of injuries

(e.g. torn ligaments) and degenerative,
i.e. caused by wear and tear,
changes in the knee (osteoarthritis)



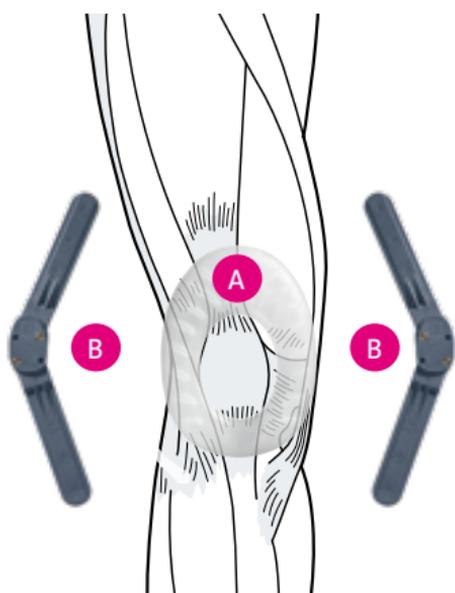
slackening of the ligamentous apparatus

Knee instability

Treatment – effective support

Treatment of knee instabilities primarily entails conservative approaches, i.e. non-surgical methods.

Orthoses have proven to be an effective solution, such as the Genumedi pro. It is able to stabilise and relieve the knee joint and supports the physiological roll-slide motion using the Easyglide joints.



A Stable range of motion in the kneecap

B Stabilisation of and relieving the
knee joint

Supporting the physiological
roll-slide motion
+ external stabilisation
+ reducing pain



Focussed training to treat knee instabilities

Exercises to complement therapy are an effective addition to treatments. The aim of the exercises is to strengthen the muscles and tendons to allow for greater stabilisation of the joint.



Your personal activity poster

Get active and strengthen your knee. This folding poster contains an all-round exercise programme to do at home. You can find an instructive video online at: medi.biz/pro



Scan the QR code for further information on how to use the product or use the URL:
medi.biz/gen-pro-handling



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