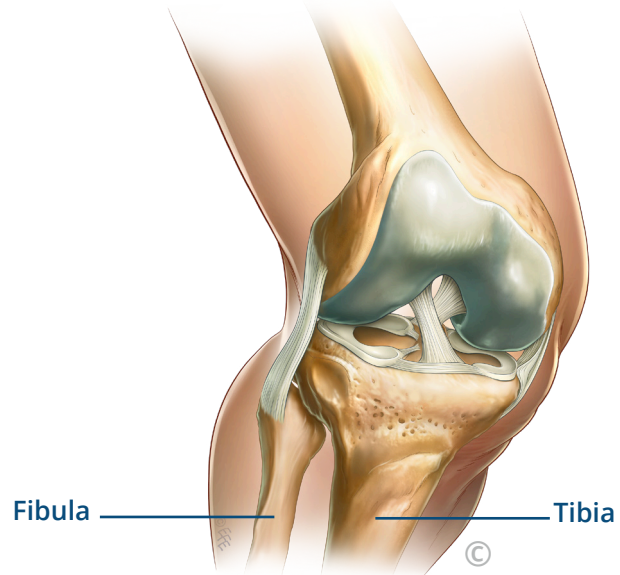


Pain Location



Knee Anatomy



What is Proximal Tibiofibular Joint Dysfunction?

The proximal tibiofibular joint is the upper joint between the two bones of the lower leg and is located just below and on the outside of the knee. Dysfunction occurs through a number of mechanisms including direct and indirect trauma, muscle imbalance and faulty biomechanics. It is usually diagnosed by clinical examination looking for such things as tenderness, joint stiffness and tight muscles. Radiography may be required to rule out fracture or dislocation.

What are the symptoms?

- Pain just below and on the outside of the knee.
- Pain made worse by knee and ankle movement.
- Pain relieved by rest.
- Tightness in the back of the thigh.
- Local tenderness and possible swelling.

How is it treated?

The treatment may consist of a number of approaches including joint manipulation and mobilisation, massage, exercises, stretches and the use of therapeutic modalities such as laser and ultrasound.

What can I do?

- Follow the home advice given to you by your practitioner.
- Perform your prescribed exercise and stretches daily within your tolerance.
- Stop exercises if they worsen your symptoms and inform your practitioner thus allowing amendments to be made if necessary to your exercise plan.

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