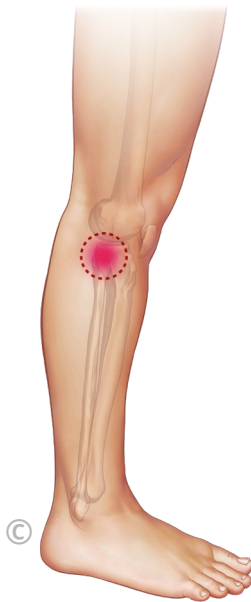
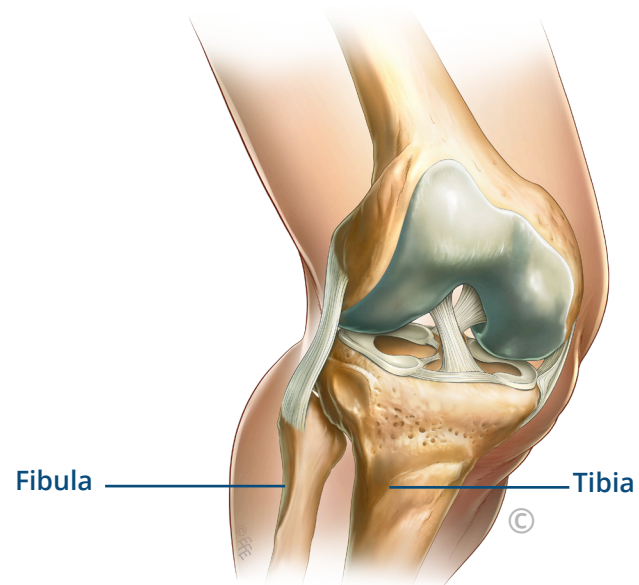


Pain Location



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 worsens by knee and ankle movement.
- Pain relieved by rest.
- Tightness in the back of the thigh.
- Local tenderness and mild swelling.

## How is it treated?

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 advice given to you by your practitioner.
- Perform your prescribed mobility exercises daily within your pain tolerance.
- Stop exercises if they worsen your symptoms and inform your practitioner so that adjustments can be made to your exercise plan.
- Avoid any aggravating activities.

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