

# Back Knee Pain Location Chart

Name: \_\_\_\_\_ Date: \_\_\_\_\_ dd / mm / yyyy

Lifted and modified from Healthline. (n.d.). Knee Pain Location Chart: Symptoms and Causes. Healthline. <https://www.healthline.com/health/knee-pain-location-chart#chart>

## CONDITIONS THAT CAN CAUSE BACK KNEE PAIN

**Hamstring Tendinitis:** Inflammation of the tendons that attach the hamstring muscles to the back of the knee. Typically caused by overuse or strain of the hamstring muscles.

**Meniscus Injury:** A tear or damage to one of the two crescent-shaped cartilage discs (menisci) in the knee joint. Can occur due to sudden twisting or impact, leading to pain, swelling, and sometimes locking of the knee.

**Chondromalacia:** A condition where the cartilage underneath the kneecap (patella) softens and deteriorates. Often referred to as "runner's knee" and can result in pain, grinding sensation, or aching behind the kneecap.

**Baker's Cyst (Popliteal Cyst):** A Baker's cyst is a fluid-filled sac that forms behind the knee joint, in the area called the popliteal fossa. It often develops as a result of an underlying knee condition, such as osteoarthritis or a meniscus tear, and is characterized by swelling and a bulge behind the knee.

**Cruciate Ligament Injuries:** Cruciate ligaments in the knee include the anterior cruciate ligament (ACL) and the posterior cruciate ligament (PCL). These ligaments provide stability to the knee joint. Injuries to these ligaments, particularly the ACL, are common and can result from sports or accidents.

**Gastrocnemius Tendinitis:** Gastrocnemius tendinitis is an inflammation of the gastrocnemius tendon, which is part of the calf muscle and attaches to the back of the knee. It can cause pain and discomfort behind the knee, especially when walking or flexing the knee.

**Patellar Tendinitis:** Inflammation of the patellar tendon, which connects the kneecap (patella) to the shinbone (tibia). Commonly referred to as "jumper's knee" because it often affects athletes who engage in activities requiring repetitive jumping.

**Arthritis:** A general term for conditions that cause inflammation and degeneration of the joints, such as osteoarthritis or rheumatoid arthritis. In the context of knee pain, arthritis can cause pain, stiffness, and swelling in the knee joint, which may be felt behind the knee.

## ADDITIONAL NOTES

Reference: Healthline. (n.d.). Knee Pain Location Chart: Symptoms and Causes. Healthline. <https://www.healthline.com/health/knee-pain-location-chart#chart>