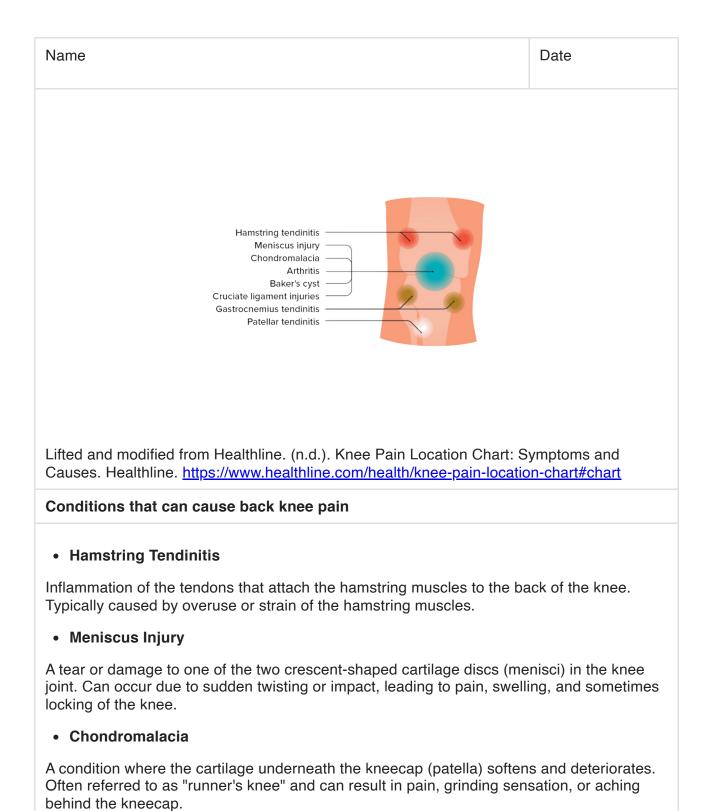
Back Knee Pain Location Chart



• 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. <u>https://www.healthline.com/health/knee-pain-location-chart#chart</u>