

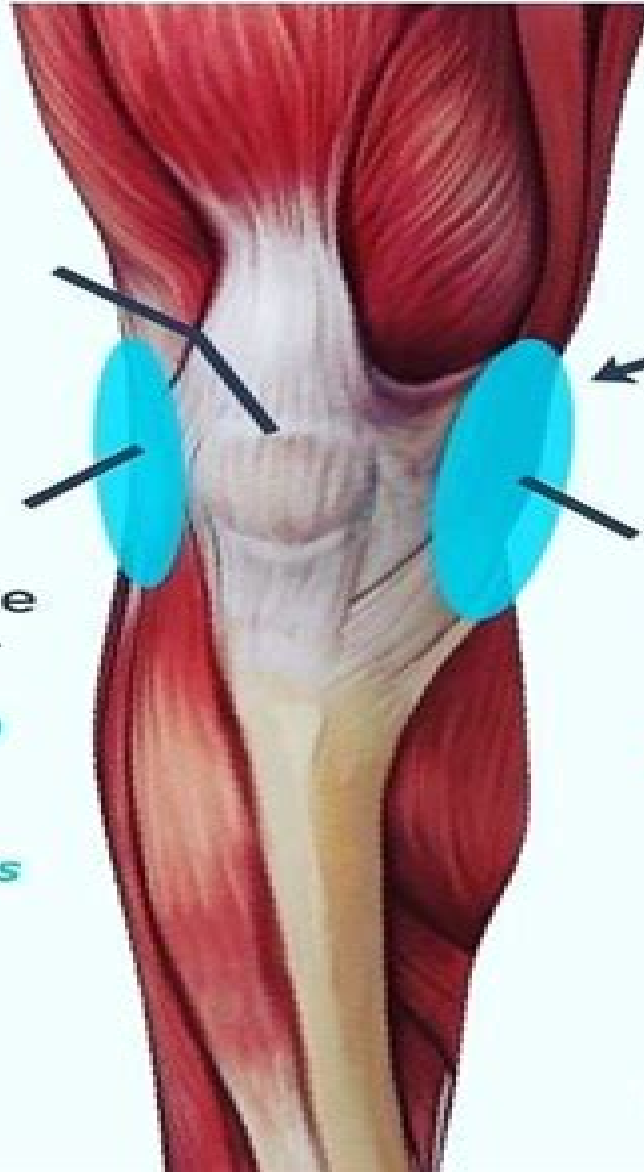
Most Common Causes of Knee Pain

Anterior (Front) of knee

- *Patellofemoral Pain Syndrome*
- *Jumper's Knee*

Lateral (Outside) of knee

- *Iliotibial Band Syndrome (ITBS)*
- *LCL Injury*
- *Lateral Meniscus Tear*



Posterior (Back) of knee

- *Biceps Femoris Tendonitis*
- *Baker's Cyst*

Medial (Inside) of knee

- *MCL Injury*
- *Medial Meniscus*
- *Pes Anserine Bursa*
- *Medial Plica Irritation*

@Chris_physio

Anatomy Of The Knee Muscles Pain

John Hilton

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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