

Patient Resources: Lower Limb Pain

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Hip Pain

- Most common causes of hip and groin pain and its management
<https://puresportsmed.com/blog/posts/hip-groin-pain-a-case-of-careful-detective-work>
- How to manage hamstring injuries
<https://puresportsmed.com/blog/posts/how-to-manage-hamstring-injuries>
- Hip pain booklet (Versus Arthritis)
<https://www.versusarthritis.org/media/1254/hip-pain-information-booklet.pdf>
- Hip pain exercise pamphlet (Versus Arthritis)
<https://www.versusarthritis.org/media/12821/hip-pain-exercise-section.pdf>
- Keep moving exercise Booklet (Versus Arthritis)
<https://www.versusarthritis.org/media/3097/keep-moving-poster.pdf>
- Keele Pain Recorder App (Keele University)
<https://jigsaw-e.com/delivery-toolkit/pain-app/>
- JIGSAW-E website supported self-management resources for joint pain (Keele University)
<https://jigsaw-e.com/>
- Lower limb tendon pain
<https://youtu.be/Hkb-O3PshcM>
- Hip pain explained and what to do
<https://www.physiofastonline.co.uk/pain--hip.html>

Knee Pain

- Anterior Cruciate Ligament (ACL) Surgery
<https://puresportsmed.com/blog/posts/surgery-on-the-slopes>
- Anterior Cruciate Ligament (ACL) Rehabilitation
<https://puresportsmed.com/blog/posts/acl>
- Research on patellofemoral (knee cap) pain
<https://puresportsmed.com/blog/posts/the-international-patellofemoral-pain-pfp-research-retreat>

Anterior knee pain

<https://puresportsmed.com/blog/posts/anterior-knee-pain-its-all-about-the-diagnosis>

Runners knee

<https://puresportsmed.com/blog/posts/running-injuries-runners-knee-or-patellofemoral-pain-syndrome-pfps>

Iliotibial band friction syndrome (ITBFS)

<https://puresportsmed.com/blog/posts/running-injuries-itbfs>

Considering knee surgery?

<https://physiostrength.club/2018/07/21/considering-knee-surgery-read-this-first/>

If your knee hurts, keep exercising

<https://physiostrength.club/2018/03/20/if-your-knee-hurts-keep-exercising/>

Patellofemoral pain

<https://patellofemoral.trekeeducation.org/understanding-patellofemoral-pain/why-does-it-hurt/>

Knee pain explained and what to do

<https://www.physiofastonline.co.uk/pain--knee.html>

Lower limb tendon pain

<https://youtu.be/Hkb-O3PshcM>

Knee pain exercise leaflet (Versus Arthritis)

<https://www.versusarthritis.org/media/3091/knee-pain-exercise-sheet.pdf>

Knee Pain Exercise Sheet (Versus Arthritis)

<https://www.versusarthritis.org/media/21787/kneepain-exercise-sheet.pdf>

OA knee booklet (Versus Arthritis)

<https://www.versusarthritis.org/media/1259/osteoarthritis-of-the-knee-information-booklet.pdf>

Knee pain in young adults (Versus Arthritis)

<https://www.versusarthritis.org/media/1321/patellofemoral-pain-syndrome-information-booklet.pdf>

Keep moving exercise Booklet (Versus Arthritis)

<https://www.versusarthritis.org/media/3097/keep-moving-poster.pdf>

Keele Pain Recorder Application (Keele University)

<https://jigsaw-e.com/delivery-toolkit/pain-app/>

JIGSAW-E website (Keele University)

<https://jigsaw-e.com/>

Lower Leg and Ankle Pain

How to prevent Shin Splints

<https://puresportsmed.com/blog/posts/how-to-prevent-shin-splints>

Shin splints

<https://puresportsmed.com/blog/posts/exertional-shin-pain-or-shin-splints>

Ankle sprain

<https://puresportsmed.com/blog/posts/that-ankle-sprain-will-be-fine-will-it>

Lower limb tendon pain

<https://youtu.be/Hkb-O3PshcM>

Discussion with a tendon surgeon

<https://puresportsmed.com/blog/posts/pure-interviews-håkan-alfredson>

Achilles tendon pain

<https://puresportsmed.com/blog/posts/pain-in-the-achilles>

Ankle sprains exercise sheet1 (Versus Arthritis)

<https://www.versusarthritis.org/media/3089/ankle-sprain-exercise-sheet.pdf>

Ankle Sprains Exercise Sheet 2 (Versus Arthritis)

<https://www.versusarthritis.org/media/21785/anklesprains-exercise-sheet.pdf>

Foot and ankle surgery: who is it for? (Versus Arthritis)

<https://www.versusarthritis.org/media/1301/foot-and-ankle-surgery-information-booklet.pdf>

Keep moving exercise Booklet (Versus Arthritis)

<https://www.versusarthritis.org/media/3097/keep-moving-poster.pdf>

Keele Pain Recorder App (Keele University)

<https://jigsaw-e.com/delivery-toolkit/pain-app/>

JIGSAW-E website (Keele University)

<https://jigsaw-e.com/>

Ankle and foot pain explained and what to do

<https://www.physiofastonline.co.uk/pain--ankle-and-foot-.html>

Foot Pain

Plantar Fasciitis

<https://puresportsmed.com/blog/posts/plantar-fasciitis-what-it-is-and-how-to-treat-it>

Common questions for a podiatrist about foot pain

<https://puresportsmed.com/blog/posts/pure-interviews-ian-griffiths-and-mark-gallagher>

Heel pain

<https://puresportsmed.com/blog/posts/does-time-heal-all-heels>

How to look after your feet

<https://puresportsmed.com/blog/posts/look-after-your-feet-a-pilates-physio-podiatry-perspective>

Foot pain booklet (Versus Arthritis)

<https://www.versusarthritis.org/media/1252/foot-pain-information-booklet.pdf>

Plantar fasciitis exercise sheet (Versus Arthritis)

<https://www.versusarthritis.org/media/3094/plantar-fasciitis-exercise-sheet.pdf>

Keep moving exercise Booklet (Versus Arthritis)

<https://www.versusarthritis.org/media/3097/keep-moving-poster.pdf>

JIGSAW-E website (Keele University)

<https://jigsaw-e.com/>