

Non-surgical Management For Anterior **Knee Pain** For Children



Modify the child's daily exercises and activities to reduce strain on the knee



Ensure the child gets enough rest in a day



Administer anti-inflammatory medication as prescribed by the doctor



Teach your child non-strenuous muscle-strengthening leg exercises



Make sure your child wears comfortable sports shoes



Use special heel pads or shoe inserts



Reference:

- 1 Anterior Knee Pain In Children And Teens; Children's Hospital Of Philadelphia