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While pain may strike at a specific moment, nontraumatic knee pain is usually the result of something that has been building for some time. The signs of injury are often present even before symptoms appear. For example, numerous research studies have found a connection between knee problems (like patellofemoral pain syndrome, iliotibial band syndrome, and even the development of osteoarthritis) and movement problems such as excessive hip adduction (thigh moving toward the midline of the body) and internal rotation.

This means that while you may have experienced pain for the first time after a heavy squat workout last week, the cause of the injury may have been building up for a while. Therefore, the quality of your technique and how you load your body during training will always be the most important factors in whether you get stronger and find success or you fail to progress because of an injury.

If you've been told that you have one of the above injuries, don't hang your head. There is hope! Step one of fixing your injury is diving into how to screen your knee pain, which starts with evaluating the way you move.

### How to Screen Your Knee Pain

The idea that flawed movement or