

What Are the Common Reasons Behind Knee Pain?



Joint pain is a common issue and people of all age groups are prone to this. However, joints in the lower extremity are more at risk of developing pain where the knee joint gets affected the most. Multiple causes of knee pain could be there and that also depends on the age of the patient. When it comes to mild knee pain, it improves with pain medications, rest, and mild exercises. While on the other hand, if the pain is severe, other treatments may be required. Sometimes, knee replacement surgery is required. In this post, we will have a look at some of the common reasons behind knee pain.

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What Are the Common Reasons for Knee Pain?

Age-Related Problems

One of the commonest reasons why the elderly experience knee pain is because of certain age-related issues. Aging causes wear & tear in the joints and as a result, pain starts to develop. With time, the pain worsens, affecting the knee's normal functioning. Because of wear & tear in the joint, damage to cartilage occurs. The cartilage serves as a protective cushion in the joint and prevents friction. Damage to cartilage makes knee joint movement difficult and surgery is required in severe cases.

Injury-Related Pain

Besides age-related problems, knee pain could also occur because of previous or recent injuries. The intensity of knee pain occurring because of injuries could be mild or severe. This depends on the severity of the injury and its cause. A knee injury may result in a fracture, ligament or cartilage tear, or damage to muscles. The treatment of which will totally depend on the extent and type of injury that occurred.

Fractures

Fracture-related knee pain is often severe and it may not improve with conventional methods. Surgery may be the ultimate answer to the treatment of knee pain associated with fractures. The type of surgery required depends on the extent of the injury. Knee repair and replacement surgeries are the two options.

Ligament Injuries

ACL injury is among the commonest ligament injuries in the knee joint. Athletes are more prone to anterior cruciate ligament injuries and in others, two-wheeler accidents may result in ACL tears. The pain would be intense in such cases and timely management is required to avoid making the condition worse. Ligament injuries may not show up in x-rays and hence, an MRI examination is required.

Meniscus Injuries

Meniscus tear causes the inability to put weight on the injured knee or a feeling of locking. People with a meniscus tear may find it difficult to completely straighten the knee. Arthroscopy may be required to treat pain caused by meniscal tears. If the condition is not diagnosed timely, it may become severe.

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Contact Information

Siora Surgicals Pvt. Ltd.

Address: WZ- 1, 2nd Floor, Phool Bagh, RamPura New Delhi, India

Mobile: +(91)-9810021264

Email: online@siora.net

Source:-

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