



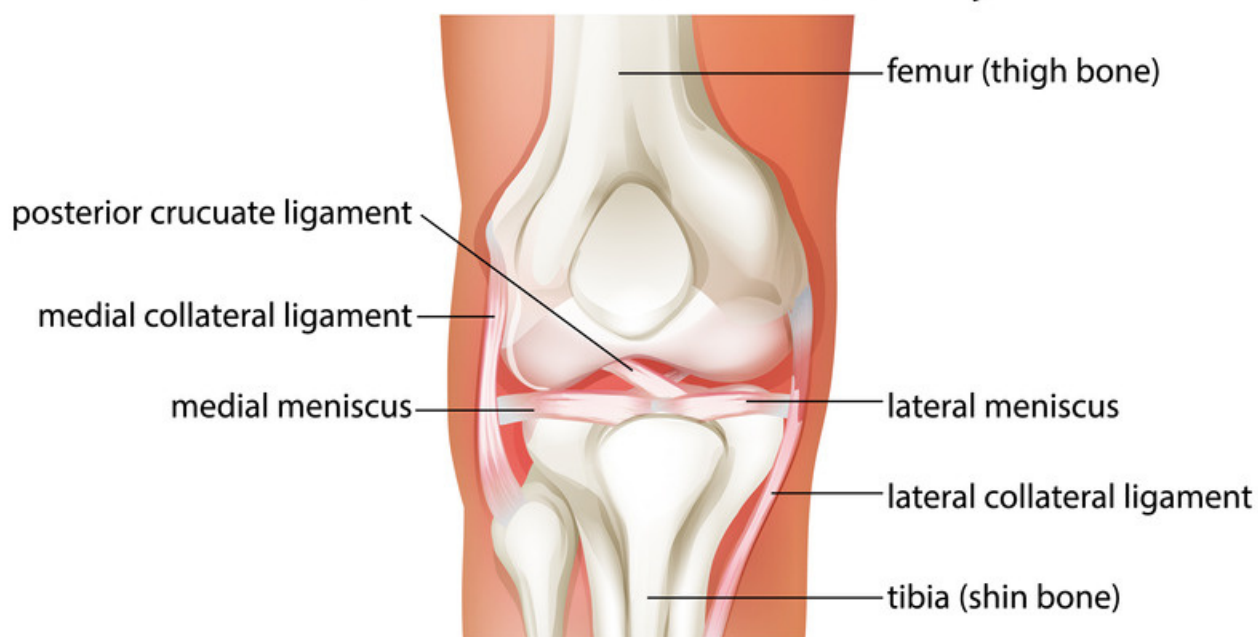
KNEE PROBLEMS



Knee Joint

It's the biggest joint of the body. It bears the weight of the whole body and helps in moving ourselves from one place to another. It is made of and surrounded by bones, cartilage, ligaments, tendons, muscles and bursae.

Human Knee Anatomy



Common Symptoms related to knee are

PAIN

1

Which can vary from sudden and severe to mild ache that comes and goes



Swelling



Caused by inflamed tissues or bleeding in or around the joint

2

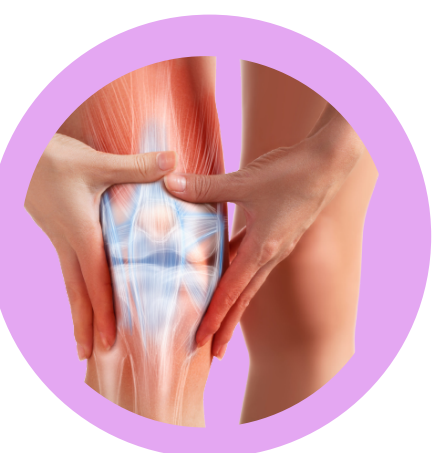
Stiffness

3

Due to injury, wear and tear or inflamed tissue



Catching or giving away



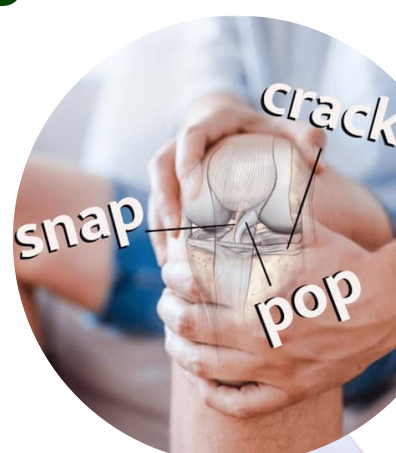
Caused by loose piece of cartilage or a torn ligament

4

Grinding or cracking

5

Caused by rough bone or cartilage in the joint

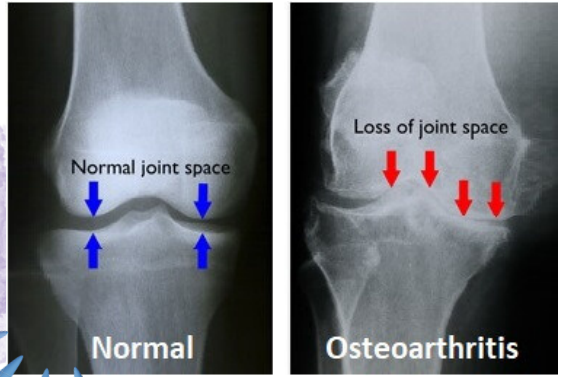


DIFFERENT KNEE CONDITIONS

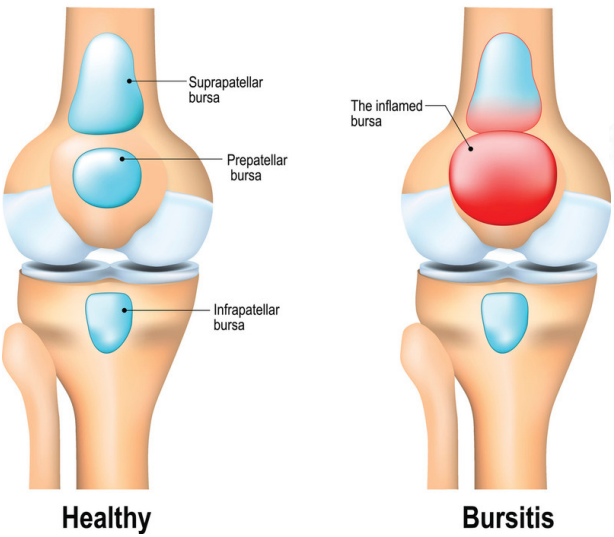


OSTEOARTHRITIS

In this condition, the articular cartilage wears away. This leads to bones to rub against each other and causes pain, swelling, stiffness and a grinding sensation



BURSITIS



BURSITIS

The bursae get inflamed due to overuse, infection or injury, causing pain, swelling, warmth, redness and limited movement

RUNNER'S KNEE

In this, the articular cartilage beneath the kneecap is irritated, causing pain, especially when running, walking up and downstairs, or sitting with bent knees



JUMPER'S KNEE

In this, the patellar tendon is inflamed or partially torn, causing pain in the front of knee, mainly when active



DIFFERENT KNEE CONDITIONS



SPRAINS

Involves stretching or tearing of the ligaments, causing 'pop' sound at the time of injury, buckling of knee along with pain and swelling

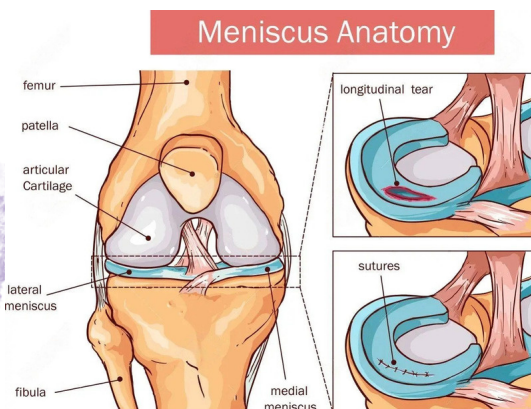


FRACTURES

Due to fall or accidents, causing severe pain, swelling, inability to move and deformed knee

MENISCUS TEAR

Caused by twisting motions or wear and tear, causing 'popping' sensation at the time of injury, feeling of giving out of knee along with pain and swelling



DISLOCATED KNEE CAP

Caused by abrupt change in direction of leg, causing a deformed looking knee with trouble to straighten the knee



Treatment of Knee Problems

RICE

REST - prevents further damage and heals

ICE - reduces swelling and pain

COMPRESSION - reduces swelling and provides support

ELEVATION - reduces swelling and pain

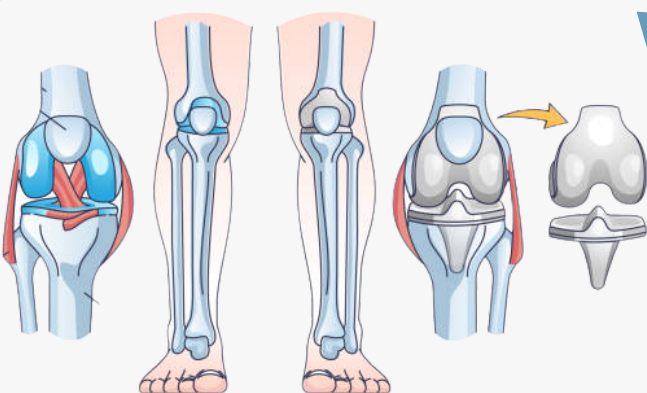


MEDICATION

Oral, injectable or topical

PHYSIOTHERAPY

Exercises
Ultrasound
Electrical stimulation
Massage



KNEE PROCEDURES

Arthroscopy,
Ligament reconstruction
Meniscectomy
Knee replacement



KNEE PROBLEM PREVENTION

Exercise

To keep knee strong and stable



Warm Up

Warm up before exercise



Avoiding Activities

Avoid activities for a few days if pain has started



Reduce Weight



Sesame Seeds



Chia Seeds



Ragi Flour



Almonds

High Calcium foods



Green Soyabeans



Spinach



Lady Fingers



Pumpkin