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KNEE PAIN - SYMPTOMS, TREATMENT

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Abstract:

The knee joint is one of the most complex joints of the human body. Due to the constant weight on this "sophisticated" device, it is very weak, so everyone can experience this pain at least once in their life. The pain is dull, severe, even unbearable. Sometimes these pains occur only when a person walks or moves the legs, and sometimes they are felt constantly. The nature of pain in the knee joint and the factors that cause it can be different, more about them below.

Knee pain

RELATIONSHIP OF KNEE PAIN WITH DISEASES

Knee pain is not always a symptom of a disease. For example, discomfort and pain in the joints often bother teenagers. At this age, children grow rapidly, and the development of blood vessels begins to lag behind the growth of bones. As a result, pain caused by blood vessels occurs.

Another cause of knee pain in healthy people can be simple physical exertion. This is often observed in athletes. Due to excessive load, knee tissues are affected and pain occurs. This is a sign that it is time to reduce stress.

KNEE INJURY

Even a minor injury can cause bleeding, swelling, and pain in the soft tissues of the knee. These factors can hinder movement and cause many inconveniences.

If the pain subsides a few days after the injury, if it does not increase when bending the legs, if the pain is not felt when palpating the knee, maybe after a day or two the knee injury will be completely healed and the pain will disappear. But if the pain in the injured area begins to spread, and the body temperature rises, you should immediately consult a doctor. Because in such cases, there may be serious injuries, for example, displacement of the knee cap.



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MENISCOPATHY

Meniscopathy refers to any injury to the meniscus (crushing, tearing). This is a very common injury, and the risk group includes not only athletes and extreme athletes, but also people who lead a normal lifestyle. The first sign of meniscopathy is a peculiar sound, which is followed by sudden severe pain and loss of mobility of the legs for a while.

BREAKDOWN OF JOINTS

Joint damage (complete or partial) always causes sharp and unbearable pain. Most of the time, joint cracking is accompanied by bone fractures. The cause of such an injury may be a simple sprain of the leg, an unsuccessful jump or an accident. In any case, it is accompanied by pain, swelling and unusual bending of the leg.

CHRONIC PROGRESS OF THE KNEE CAP

This pathology is not widespread and is characterized by a high risk of recurrence in the future. When this condition is observed in children, they may have knee joint distortions (X-shaped deviation of the lower leg in external appearance) and leg dysfunction.

UNCLE INFLAMMATION

Tendonitis or inflammation of the tendon is manifested by pain in the joints and limitation of its mobility. These symptoms persist for a long time and are very stable in nature. When the painful area is examined, the pain in inflamed joints increases. The causes of the disease are very diverse, in particular:

- Excessive strain of the uncles for a long time;
- Bacterial infections;
- Knee injury;
- Pathologies in body structure - for example, different length of legs;
- Allergic reaction of the body to some medicines;
- Presence of rheumatic diseases (gout, arthritis);
- Height disorders;
- Various pathologies in the development of uncles;
- Weakness of uncles.



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