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knee pain is a common complaint that affects people of all ages knee pain may be the result of an injury such as a ruptured ligament or torn cartilage medical conditions including arthritis gout and infections also can cause knee pain the precise location of your knee pain can help you narrow down the potential cause here s what you need to know as well as a chart knee pain that occurs when you bend or straighten your leg could indicate a possible injury arthritis or tendinitis see a medical professional for help what can cause knee joint aches arthritis of the knee can be a serious debilitating disease although there is no cure for knee arthritis there are steps you can take that might ease your symptoms and potentially slow the progression of your disease knee pain is any pain in or around your knee joint overuse arthritis and injuries are the most common causes your knee pain might start suddenly or it could build up from mild discomfort to more painful over time it can be caused by injury overuse aging arthritis or a variety of other medical symptoms knee pain when to see a doctor by mayo clinic staff get a ride to urgent care or the emergency room if your knee pain is caused by a major injury you need urgent medical attention if your knee joint is bent or deformed there was a popping sound at the time of injury your knee can t bear weight you have intense pain knee pain is one of the most common complaints heard by doctors webmd provides a comprehensive overview of knee injuries and how they are evaluated and treated david prado stocksy united there are three general types of knee pain acute chronic and overuse acute knee injuries occur because of a sudden injury common acute knee injuries can include ligament damage especially to the anterior cruciate ligament acl and medial collateral ligament in this article you ll learn about many causes of knee pain and the conditions that warrant a trip to your healthcare provider you ll find out how knee pain is diagnosed what treatment options are available and what you can do to prevent knee pain illustration by alexandra gordon verywell written by paul frysh knee 1 18 the biggest joint in your body is sort of like a swiss army knife it helps you sit stand lift walk run and jump it also has lots of parts that can get torn meniscus the meniscus is a c shaped piece of tough rubbery cartilage that acts as a shock absorber between the shinbone and the thighbone it can be torn if you suddenly twist your knee while bearing weight on it a sprained or strained knee ligament or muscle is usually caused by a blow to the knee or a sudden twist of the knee symptoms often include pain swelling and difficulty in walking torn cartilage trauma to the knee can tear the menisci pads of connective tissue that act as shock absorbers and also enhance stability side knee pain has several possible causes most commonly osteoarthritis or tear and sprain injuries the pain can affect the inner medial side of the knee or the outer lateral side the symptoms of side knee pain are similar but the side that is affected can be a helpful clue in diagnosing the condition osteoarthritis oa of the knee is a common condition that causes pain inflammation and stiffness in the knee joint there are many types of treatments ranging from heat or cold

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