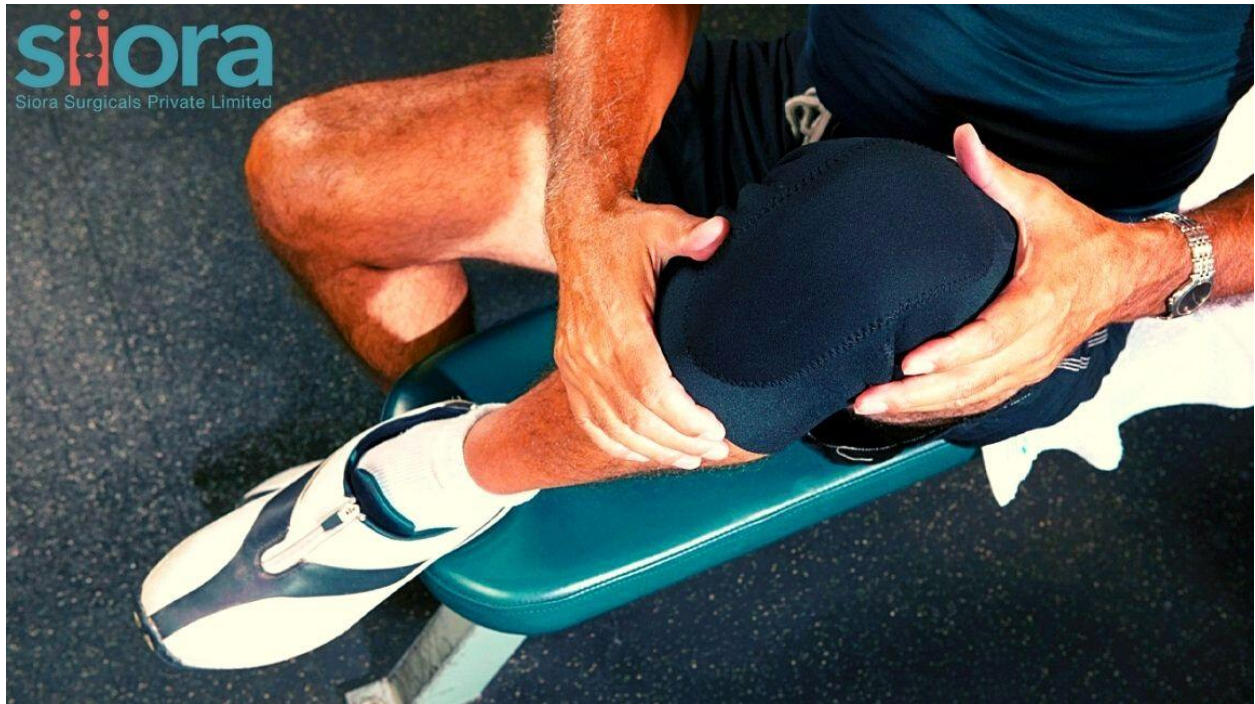


Common Causes of Severe Knee Pain



Knee pain is one of the commonest issues faced by the elderly, and the commonest reason for that is the age-related deterioration of bones and arthritis. Some other causes are also there that result in knee pain in adults. Even sportspeople can also experience knee pain due to one or the other reason. This post will talk about common causes of severe knee pain.

The knee joint is critical as it helps in making different movements like walking, running, standing, and many more. This joint is known as one of the biggest and complex joints in our body, and it is supported by muscles, tendons, and ligaments. Now, any injury to the supportive structures or bones could result in knee pain. Sometimes, the injury is so serious that surgical intervention is required for the treatment. In the case of a break to the bone(s) in the knee, [trauma implants](#) are required to stabilize them.

Problems Causing Knee Pain

Knee pain is common, and it has multiple causes. This depends upon the age of the person, activity level, profession, and health conditions if any. Some of the common reasons for knee pain include:

Knee Ligament Injuries

Ligaments are tough bands of tissues that provide support to the joint. Any injury caused to the knee ligament results in knee pain. The intensity of the pain will depend upon the severity of the injury caused.

Sportspeople are highly prone to ligament sprains in the knee, and along with this, ligament tears are also noticed. The commonly affected ligaments in the knee include the anterior cruciate ligament (ACL), posterior cruciate ligament (PCL), and medial collateral ligament (MCL).

Injuries to knee ligaments are seen due to high-intensity automobile accidents and sports injuries.

Meniscus Tears

Another common cause of knee pain is a meniscus tear. The meniscus is a C-shaped piece of cartilage present between the shinbone and thighbone. It serves as a shock absorber and provides protection against knee damage due to impacts or minor accidents. Torn cartilage is counted among the most common knee injuries. Pain resulting due to this condition could be severe, and in most cases, surgery is required to treat meniscus tear.

Arthritis

Arthritis is a common problem in the elderly, and its cause is age-related wear & tear of cartilages that serve as cushions between the joints. When cartilages degenerate, bones that form the joint start to rub against each other. This activity results in pain, irritation, swelling, and reduced movement of the joint. Arthritis of the knee is a painful chronic condition that has no cure. All the treatment methods used are to relieve the associated symptoms. Three common types of arthritic conditions that may be seen are osteoarthritis, rheumatoid arthritis, and post-traumatic arthritis.

Tendinitis

Tendinitis is a condition characterized by irritation or inflammation of tendons present in the knee. The common causes of tendonitis include sports activities, running, jumping, cycling, and much more. Tendinitis in the patellar tendon is mostly seen, and the condition is known as jumper's knee. Basketball players are highly prone to developing this condition.

For the content source, contact Siora Surgicals Pvt. Ltd., an Indian-FDA-approved manufacturer of international standard quality orthopedic devices. Based in India, the company exports its implants to numerous distributors and orthopedic surgeons in different parts of the world. Siora also wants to become one of the best [Orthopaedic Companies in France](#) for supplying its quality products and expanding its market reach.

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