

Painful Conditions & Diseases of the Knee

There are several knee diseases or conditions which can also contribute to chronic knee discomfort. These diseases often impact the soft tissues, joints, nerves and/or bones inside the knee area. The most typical knee diseases and also conditions include arthritis, arthritis-related cysts, bacterial infections, calcification and softening of vital cartilage. An overview of each of these ailments can be found below.



Knee Arthritis

There are several types of arthritis, including genetic, degenerative and inflammatory. Genetic arthritis includes both rheumatoid arthritis and **gout**. An individual with your conditions is genetically likely to be able to have chronic irritation of the joint, which can be agonizing as well as limit movement. Osteoarthritis is the most common form of arthritis and is degenerative in nature. The cartilage receives worn down over time as a result of repeat usage of the knee joint.

- Knee arthritis can be treated with an arthritis knee brace or perhaps, in very severe cases, knee replacement surgery.
- In some arthritis cases, the knee's inflammation can lead to fluid building up in a cyst generally located in the back of the knee.
- These are often referred to ask Baker cysts.
- If the cyst gets big and painful, you can have a physician drain the fluid, as well as use physical therapy and medication.

Infection on the Knee Joint or Bone

Following a puncture wound, a bacterial virus can penetrate the knee area through the joint, bursa, bone or skin and lead to an interior infection in the knee joint or bone. While the knee may not experience particular pain as the result of an infection, the individual may produce a fever, knowledge chills in their body and a localized heat around the leg. As soon as diagnosed, these infections are typically treated with a round of antibiotics.

Tumors

Knee tumors are rare, but when they do show up they can impede walking and cause pain. The best treatment for growth is surgery, but in a few extreme cases, it may also require calf amputation.

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Alkaline Diet For Gout Gout is the most intense form of arthritis and it develops when the level of uric acid in the body are high. Typically, a gout attack affects the big toe first, you will experience excruciating pain if the flare up is bad. There are various ways...



Knee PainGout

Calcification

The collateral ligament located on the inside of the knee can calcify. This is usually seen in people who have had a significant MCL ligament injury in their past and is known as Pellegrini-Stieda predicament. The calcification leads to irritation, but it can be treated effectively with continuous cold therapy, immobilization and rest. In some instances a cortisone shot can help.

Chondromalacia

Chondromalacia is actually a condition characterized by the treatment of cartilage beneath patella (knee cap). It is most often seen in women, likely due to just how their hips distribute weight to their knees. When the cartilage softens, it can cause significant deep leg pain as well as stiffness. Most cases of Chondromalacia are efficiently treated with anti-inflammatory medication, strengthening exercises for the quads, rest and cold treatment.

Chris Dillon is President of MMAR Medical Group Inc., a wholesale medical supplier specializing in orthopedic braces including wrist and hand braces, cervical braces and a wide variety of arthritis and hinged leg braces.

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