

Types Of Knee Injuries

The knee is a complex joint made up of several muscles, bones, and soft tissues. An injury to any of these structures may lead to extreme discomfort in the joint. Here, we have mentioned some of the most common injuries that affect the knee and need immediate medical attention.

Fractures

Fractures are usually caused by high impact traumas such as fall from a height or a vehicle collision. Patella (kneecap) is the most commonly broken in the knee joint.

Dislocations

When bones in the knee move out from their place, the condition is referred to as dislocation. Prior differences in knee structures or a sudden blow to the knee may cause the bones to displace.

100 million

AMERICANS SUFFER FROM CHRONIC PAIN

Ligament Tears

A direct blow to the knee may cause the soft tissues and ligaments in the knee joint to tear. Knee has three different ligaments to make it a stable structure.

Knee Pain

IS MORE COMMON IN WOMEN THAN IN MEN.

Strains

It is a condition in which the muscles around the knee joint come in tension due to overexertion or twisting. Strains are a major cause of pain in the knee joint.

AROUND **one-third** OF AMERICANS EXPERIENCE KNEE PAIN AT SOME POINT IN THEIR LIFE.

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