

What Are The Different Reasons To Get Knee Pain Treatment?

Knee pain can occur due to immediate injury or you are suffering from arthritis. Treatments may differ depending on the cause of pain. The indications of knee injury may include pain, swelling, and stiffness.

The more you are active, the more it is good for your joints and for the whole body. Since physical activities boost your muscles' strength and increase mobility. If you had an old injury in the past and it was not treated properly, it may flare up any time and hurt you all the time. In that case, you should walk-in a **pain treatment clinic**.



There are other multiple reasons that can cause to visit a [knee pain doctor](#) like:

Bursitis:

A sac called a bursa holds a little amount of fluid beneath the skin above the joint of the knee. It makes the joint run smoothly. If you are a runner then you will bend, kneel, repeatedly, which can irritate the bursa. It can lead to pain and swelling in the knee. Pain doctor calls it prepatellar bursitis.

Dislocated kneecap:

Dislocated kneecap means your kneecap slips out of position leading to pain and swelling. This is also known as “patellar dislocation.”

IT (iliotibial) band syndrome:

It is a part of tough tissue that is spread from your hip down to the exterior part of your knee. Due to the excessive physical activity, it can be swollen over time leading to pain on the outer side of the knee. The problem is common among the runners.

Meniscal tear:

Most often, a knee injury may cause the cartilage to rip. These uneven edges can get stuck in the joint, which produces pain and swelling. Most often, people will have the feeling of grabbing in the joint when they are busy.

Osgood-Schlatter disease:

This situation occurs when you're young when bones and other parts of the knee are still adjusting. It can cause a painful lump under the knee, where a band from the kneecap connects to the shin. Exhausting exercise, and stress at a point on the root of your knee called the tibial tubercle, usually make this area hurt. The throbbing may come and go over time. It's especially obvious in teenage boys and girls.

**Osteoarthritis:**

The disease occurs commonly after the age of fifty. It causes when the knee joint pains and swelling while you are constantly active.

Do's and Don'ts

- Don't rest too much because excessive rest can weaken your muscles that can lead to worse joint pain. Do some physical activity that is suitable for your knees and stick with it. If you're not sure which exercises are safe, talk to a physical therapist for knee pain treatment.
- Don't risk a drop or fall. Control your risk of fall since it can cause more knee damage.
- Do or Practice RICE (Rest, ice, compression, and elevation) is good for knee pain in the case of a minor injury.
- Don't increase your weight because it will increase stress on your knee that will lead to pain and swelling.

The doctor in a [pain center](#) advises cushioned insoles to reduce stress on your pain. If it is uncontrolled and severe see a physician nearby immediately.