

WHAT CAUSES KNEE PAIN ON THE INNER OR OUTER SIDE?

The proper functioning of the knee is the main thing that is required for staying healthy and fit in general. Knee pain is common and can happen to anyone. Though most knee pain can be managed with the help of pills and other things, it can be serious in that case you might need to consult at the [pain treatment centre](#). Chronic knee pain can be divided into those causes occurring because something is wrong in the knee internally or it's because of outside factors.

Chronic pain due to inner problems:

Arthritis, one of the extreme conditions that cause swelling and decline in bone health. Arthritis pain is caused by the old age factor and the wear & tear in the muscles. In this condition, you should take the help of a **pain clinic**.



An anterior cruciate ligament or ACL injury. This is a break in the principal knee ligament that connects the upper leg bone from the lower leg bone. The ACL is the main thing that keeps the knee stable, with care, knee joint swelling and unsteadiness being signs of this pain. Surgery is needed for those who lead an active life. However, before experimenting with anything you should consult a **pain specialist**.

A meniscus tear. The meniscus is nothing but the thing that cushions your knee joint. Each knee has two of them, and they support and cushion your pressure over the knee. A meniscus tear can happen when you are involved in excessive physical activities. As you get older, this

thing gets torn or compromised. This can make it split more quickly. A torn meniscus nearly always produces pain and inflammation of the knee. As in ACL tears, surgery is required only for people who are involved in sports, or those people who are just not responding to the medicines. If you carry a normal lifestyle it is suggested that you take the normal **knee pain treatment**.

Chronic pain due to outer problems:

Tendonitis - pain which happens as the tendons dominating the knee joint's mobility are extremely inflamed. This effect of overuse, misuse or trauma, includes a significant number of persistent knee pain problems. Pain after the continued activity is the usual common ailment. Even in this case, you should consult your **pain management doctor**.



Torn ligaments - The ligaments sustaining the knee from the centre of the joint and outside of the joint can get ripped because of an accident or injury. The most obvious sign is pain directly straight on the ligament. Swelling over the torn ligament can be seen, and bruising is a typical sign which can be seen for some days. In more critical injuries, patients may say that the knee seems unstable, or as though they have a feeling of shakiness.

Knee Bursitis - a typical reason for growing and tormenting on top of the kneecap. This condition is related to people whose work needs kneeling for extended periods of time like helpers and housemaids. Knee bursitis is regular in jobs, for example, cover layers and sports like planting. The symptoms of knee bursitis include expanding over the kneecap and restricted, agonizing growth of the knee.

Whatever is the cause behind your pain, taking [knee pain treatment](#) is an important thing as it will restore the health and vigour in your knee.