

L Knee Pain

Knee pain

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The knee joint consists of an articulation between four bones: the femur, tibia, fibula and patella. There are four compartments to the knee. These are the medial and lateral tibiofemoral compartments, the patellofemoral compartment and the superior tibiofibular joint. The components of each of these compartments can experience repetitive strain, injury or disease.

Running long distance can cause pain to the knee joint, as it is a high-impact exercise.

The location and severity of knee pain may vary, depending on the cause of the problem. Signs and symptoms that sometimes accompany knee pain include:

Swelling and stiffness

Redness and warmth to the touch

Weakness or instability

Popping or crunching noises

Inability to fully straighten the knee

Knee

of the knee. Particularly in older people, knee pain frequently arises due to osteoarthritis. In addition, weakening of tissues around the knee may contribute

In humans and other primates, the knee joins the thigh with the leg and consists of two joints: one between the femur and tibia (tibiofemoral joint), and one between the femur and patella (patellofemoral joint). It is the largest joint in the human body. The knee is a modified hinge joint, which permits flexion and extension as well as slight internal and external rotation. The knee is vulnerable to injury and to the development of osteoarthritis.

It is often termed a compound joint having tibiofemoral and patellofemoral components. (The fibular collateral ligament is often considered with tibiofemoral components.)

Medial knee injuries

treating these injuries. Patients often complain of pain and swelling over the medial aspect of the knee joint. They may also report instability with side-to-side

Medial knee injuries (those to the inside of the knee) are the most common type of knee injury. The medial ligament complex of the knee consists of:

superficial medial collateral ligament (sMCL), also called the medial collateral ligament (MCL) or tibial collateral ligament

deep medial collateral ligament (dMCL), or mid-third medial capsular ligament

posterior oblique ligament (POL), or oblique fibers of the sMCL

This complex is the major stabilizer of the medial knee. Injuries to the medial side of the knee are most commonly isolated to these ligaments. A thorough understanding of the anatomy and function of the medial knee structures, along with a detailed history and physical exam, are imperative to diagnosing and treating these injuries.

Knee replacement

Knee replacement, also known as knee arthroplasty, is a surgical procedure to replace the weight-bearing surfaces of the knee joint to relieve pain and

Knee replacement, also known as knee arthroplasty, is a surgical procedure to replace the weight-bearing surfaces of the knee joint to relieve pain and disability, most commonly offered when joint pain is not diminished by conservative sources. It may also be performed for other knee diseases, such as rheumatoid arthritis. In patients with severe deformity from advanced rheumatoid arthritis, trauma, or long-standing osteoarthritis, the surgery may be more complicated and carry higher risk. Osteoporosis does not typically cause knee pain, deformity, or inflammation, and is not a reason to perform knee replacement.

Knee replacement surgery can be performed as a partial or a total knee replacement. In general, the surgery consists of replacing the diseased or damaged joint surfaces of the knee...

Knee examination

The knee examination, in medicine and physiotherapy, is performed as part of a physical examination, or when a patient presents with knee pain or a history

The knee examination, in medicine and physiotherapy, is performed as part of a physical examination, or when a patient presents with knee pain or a history that suggests a pathology of the knee joint.

The exam includes several parts:

position/lighting/draping

inspection

palpation

motion

The latter three steps are often remembered with the saying look, feel, move.

Knee taping

to alleviate the symptoms of patellofemoral pain. Though knee taping has been shown to offer short-term pain relief, its long-term efficacy is confounded

Knee taping (also known as patellar taping) is a procedure performed by physiotherapists or physicians to alleviate the symptoms of patellofemoral pain. Though knee taping has been shown to offer short-term pain relief, its long-term efficacy is confounded by several studies. The mechanism of action by which it alleviates pain is unknown, though it has been suggested by physicians that it could correct patella position, facilitate/inhibit quadriceps components or bear stress associated with peripatellar tissues or patellar compression (Wilson, T). Evidence for these suggestions, however, has been contradictory or absent.

Patellofemoral pain syndrome

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Patellofemoral pain syndrome (PFPS; not to be confused with jumper's knee) is knee pain as a result of problems between the kneecap and the femur. The pain is generally in the front of the knee and comes on gradually. Pain may worsen with sitting down with a bent knee for long periods of time, excessive use, or climbing and descending stairs.

While the exact cause is unclear, it is believed to be due to overuse. Risk factors include trauma, increased training, and a weak quadriceps muscle. It is particularly common among runners. The diagnosis is generally based on the symptoms and examination. If pushing the kneecap into the femur increases the pain, the diagnosis is more likely.

Treatment typically involves rest and rehabilitation with a physical therapist. Runners may need to switch to activities...

Pain scale

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A pain scale measures a patient's pain intensity or other features. Pain scales are a common communication tool in medical contexts, and are used in a variety of medical settings. Pain scales are a necessity to assist with better assessment of pain and patient screening. Pain measurements help determine the severity, type, and duration of the pain, and are used to make an accurate diagnosis, determine a treatment plan, and evaluate the effectiveness of treatment. Pain scales are based on trust, cartoons (behavioral), or imaginary data, and are available for neonates, infants, children, adolescents, adults, seniors, and persons whose communication is impaired. Pain assessments are often regarded as "the 5th vital sign".

A patient's self-reported pain is so critical in the pain assessment method...

Unicompartmental knee arthroplasty

replaced. UKA surgery may reduce post-operative pain and have a shorter recovery period than a total knee replacement procedure, particularly in people

Unicompartmental knee arthroplasty (UKA) is a surgical procedure used to relieve arthritis in one of the knee compartments in which the damaged parts of the knee are replaced. UKA surgery may reduce post-operative pain and have a shorter recovery period than a total knee replacement procedure, particularly in people over 75 years of age. Moreover, UKAs may require a smaller incision, less tissue damage, and faster recovery times.

In the United States, the procedure constitutes approximately 8% of knee arthroplasties. In comparisons with a more extensive surgical procedure called high tibial osteotomy, UKA has equal or better outcomes.

Pain management

Pain management is an aspect of medicine and health care involving relief of pain (pain relief, analgesia, pain control) in various dimensions, from acute

Pain management is an aspect of medicine and health care involving relief of pain (pain relief, analgesia, pain control) in various dimensions, from acute and simple to chronic and challenging. Most physicians and other

health professionals provide some pain control in the normal course of their practice, and for the more complex instances of pain, they also call on additional help from a specific medical specialty devoted to pain, which is called pain medicine.

Pain management often uses a multidisciplinary approach for easing the suffering and improving the quality of life of anyone experiencing pain, whether acute pain or chronic pain. Relieving pain (analgesia) is typically an acute process, while managing chronic pain involves additional complexities and ideally a multidisciplinary approach...

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