

Take your Knee Pain Seriously

Knee pain can be one of the worst pains we ever experience, but unfortunately, it's one many of us deal with. Our fast paced lives force us to use and abuse our knees on a regular basis. In fact, knee pain is one of the most common pains ever. There are many different knee pains—some are mild, some are horrible, and some only occur at certain times. Weather, for example, can affect knee pain, as can having knee surgery. Because there are so many different types of knee pain, finding the right kind of treatment for your particular issue may be difficult. While taking over the counter pain medications may help, if you don't get to the bottom of your pain, it may never go away. Some knee pain is from overuse, and simply resting your knees will help. Others may need to wear a knee brace for some time or may have to have surgery. If you play a lot of sports or played sports in school, you may already have damaged your knees. Major knee pain can result from tearing ligaments, cartilage, or even the muscles of your knee joint. In fact, even if you don't play sports, those who are very active can still damage their knees fairly easily. To help prevent this, you may want to wear knee braces. You may also need surgery if you damage your knees too much. If you have knee pain caused by osteoarthritis, there are a number of things you can do. Most doctors will recommend a combination of medication and physical therapy to help manage the pain. This therapy involves special exercises that can assist you in regaining some of the flexibility and movement of your knee while at the same time reducing the pain caused by arthritis. As you do these exercises, the muscles around your knee will be strengthened, which will help prevent future knee damage. If you have knee surgery, you will most likely also need to do a number of these exercises. If you've damaged your knee from overuse, you may not immediately seek medical attention. This is because some light knee injuries don't seem that bad, and people will simply assume that with a few days of rest, everything will be fine. However, sometimes these knee injuries can flare up or be strained even more, causing horrible knee pain and making the injury worse. If you sprain your knee or suffer a strain or tear, you should be very careful not to further injure it. You need to take the injury seriously and do what you can to repair your knee, such as applying heat or ice to it. If the pain doesn't go away within a week or so, seek medical attention before the damage gets even worse.

About the Author

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