Common Causes for Chronic Knee Pain

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That pain in your knee that has been bothering you for months? There is a reason for that. Here are some common causes of chronic knee pain.

(Newswire.net -- March 9, 2017) -- We all know the feeling: no matter what regular task you are trying to perform, there is just an unwanted pain in your knee. It might just occur for a day or two, so you shrug it off, but sometimes that little bit of pain turns into a daily annoyance.

No matter what you try, the pain does not seem to go away. There are many different issues that could cause chronic knee pain including:

1. Osteoarthritis

If you have osteoarthritis, you will be feeling a constant pain that might not only be in your knee. This disease causes degeneration of joints over a period of time. Symptoms include pain and inflammation in the joint.

2. Tendinitis

When you are using the stairs, hiking, or doing anything on an incline, you will most likely feel this disease in the front of your knee. You will know you have tendinitis in your knee if any of those activities bother you. Avid hikers are more likely to get this than others, but that does not mean the average person or workout enthusiast can’t suffer from tendinitis.

3. Dislocation

Many people dislocate different parts of the body and do not realize why there is a shooting pain all of a sudden. Most of the time, dislocation occurs during a trauma, but there are instances when just walking down the street could cause your knee to dislocate. This is an issue that you will know happened. There will be a sudden rush of pain in your knee, and you most likely will be unable to walk until it goes back into place.

4. Meniscus Tear

The meniscus is the stabilizing cartilage in your knee. Even if your meniscus is frayed, you will feel pain with normal activity. Along with pain, you may also feel popping, locking, and instability in your knee. This issue can be fixed without surgery, but a lot of cases do call for arthroscopic surgery to either shave off the part that is frayed or to remove the meniscus entirely, which will only be done if the meniscus is irreparable.

5. Torn Ligaments

This category includes your ACL, LCL, and MCL. These tears are normally caused through extensive physical activity, such as sports that involve a lot of jumping or quick changes in direction. Although torn ligaments are more common in sports, this could happen to anyone just by going through trauma, like falling on your knee or twisting it unexpectedly. Most of these issues require surgery, but if it is not terrible, you may be able to get away with rehab or other uninvasive treatments.

There are also other issues that could cause chronic knee pain, including:

- Sprain or strains
- Fluid in the knee
- Unhealed injuries
- Overuse
- Poor posture
- Poorly-stretched muscles

The body works in mysterious ways. If you have any issues or pain in your knee, head to a pain management specialist like Champey Pain Management to figure out what is causing your pain. They will work to find exactly what is wrong and figure out the best way to make you feel 100 percent in no time. With the help of the doctors at Champey Pain Management, you will be back to doing what you love in no time.

About Champey Pain Group

Dr. Edward J. Champey, MD specializes in Advanced Interventional Pain Management in New Jersey. He is Board Certified Anesthesiologist who has personally performed all Pain Management procedures at Mine Hill Surgical Center, located in Morris County, NJ.

At the Champey Pain Group we approach each patient to improve function, repair injured tissues, decrease pain, and improve their quality of life. We provide high-quality care to our patients in accordance with Accepted and Recognized Standards while offering treatment for chronic and acute pain sufferers. Our mission is to reduce or eliminate reliance on prescription medication and to avoid possible surgery.

(Newswire.net -- March 8, 2017) --