

# Researchers Say Knee Injury Is a Major Risk Factor of Osteoarthritis

Michelle O'Sullivan February 11, 2019



VitaBreeze Glucosamine Chondroitin

**VitaBreeze Glucosamine formula is one of the best options individuals with osteoarthritis may turn to.**

([Newswire.net](#) -- February 11, 2019) Orlando, FL -- Osteoarthritis has always been linked with the aging process. However, it is important to understand that there are other contributing factors of this painful condition.

According to researchers, knee injury is a major risk factor of osteoarthritis.

This painful condition affects about 30 million people in the United States alone. While it is often perceived to be triggered by the aging process, it could also happen to younger individuals.

There are many athletes who suffer from injury, and they are speculated to be more susceptible to osteoarthritis in the future. While injuries can happen anywhere in the body, it is the knee that is particularly vulnerable.

There are various types of knee injuries, and one is the tears of the anterior cruciate ligament (ACL). The ACL attaches the thigh bone to the shin bone located at the center of the knee in a cross-wise fashion.

According to experts, the ACL is usually not at risk during straight-head activities, such as cycling, swimming, or running.

However, individuals in strenuous professions, such as being a firefighter, can be at the risk of torn ACL. This is due to the fact that some unexpected actions can actually put them out of balance.

Another type of injury is called tears of the meniscus, which are the cartilage's C-shaped pieces on each side of the knee joint. However, it is most likely to happen to a soccer or basketball player who quickly stops and changes direction.

Osteoarthritis can be expensive and extremely difficult to deal with. Since there is no cure for this condition yet, sufferers are left with no choice but to manage its symptoms. This is why many experts strongly recommend that people should take the measures necessary to improve the health and strength of their joints.

One of the ways to improve joint health is to use glucosamine, which is a naturally-occurring substance in the body. This natural remedy is widely known for its remarkable ability to repair damaged cartilage, which is extremely helpful in cases of osteoarthritis.

It is worth mentioning that glucosamine is also a widely used natural remedy by individuals with arthritis. It is believed to be a safer alternative to pharmaceutical drugs since it fights inflammation and improves joint health without causing side effects.

VitaBreeze Glucosamine formula is one of the best options individuals with osteoarthritis may turn to. It is loaded with the therapeutic, anti-arthritis goodness of glucosamine, and is even equipped with turmeric, chondroitin and MSM.

This GMP-certified formula even comes with a complete customer satisfaction guarantee.

([www.amazon.com/Glucosamine-Chondroitin-Turmeric-Dietary-Supplement/dp/B00DUMO9X4](http://www.amazon.com/Glucosamine-Chondroitin-Turmeric-Dietary-Supplement/dp/B00DUMO9X4))

## About VitaBreeze

VitaBreeze is a nutraceutical brand that manufactures high-quality natural supplements to help people live a healthy, enjoyable, and longer life. All of the company's products are manufactured in the United States using the finest-quality ingredients that have been carefully selected, tested, and crafted into the firm's winning formulas. Visit <http://www.VitaBreeze.com> to learn more.

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