

Knee Pain



Overview

Our knees take a lot of force. They support the weight of the body. They keep us upright and stable. They cushion us when we walk and run. So it's not unusual to feel knee pain at some time in our lives. Let's learn about knee pain, and what you can do about it.

Causes

People of all ages experience knee pain. When we're younger, it's commonly linked to overuse or injury. But as we get older, it's often caused by arthritis. Less commonly, knee pain is linked to things like joint infection, lupus, gout or cancer.

Home care

If your knee pain is from a minor injury or the wear-and-tear of aging, home care can help. Rest your knee. Elevate your knee and use ice to help any swelling. Pain relievers may help. You may need to take it easy and avoid putting too much stress on your knee. And, you may benefit from things like weight loss and better shoes.

Conclusion

If you have knee pain that you can't explain, or that keeps you from doing the things you like to do, see your doctor. You may need an X-ray or some other scan. You may need to be tested for an infection or disease. Your doctor will create a care plan that's right for you.

