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## Top 3 Reasons Why You Suffer From Pain In The Back Of The Knee

By Marc David

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#### Top 3 Reasons Why You Suffer From Pain In The Back Of The Knee

Pain behind the knee is something many of us have or might experience if we play sports that involve bending at the knees, running, tennis, or any activity that puts strain on the area.

Here are some things you need to keep in mind if you ever experience such pain behind the knee:

#### 1. Possible Arthritis

This is one of the most common causes of pain in the knee. In fact, if you are over the age of 65 one in two of you have arthritis with the knee been one of the most common joints involved.

The pain of arthritis is usually a dull tooth ache pain that is occasionally sharp with sudden movements. The pain is usually located over your joint line (where the tibia meets the femur) and in the front of the knee. Mild and sometimes severe swelling is associated with this pain. The pain is worse when you exit a chair or car. It is also worse with any prolonged walking or standing. The pain is usually better with rest, heat (sometimes ice), wrapping the knee and pain medication.

Occasionally the knee may catch on the rough uneven surfaces of your cartilage. Patients often complain of grinding in the knee, and occasional popping.

#### 2. Minor Tear of the Cartilage Surface

Rather than a cyst or fluid build-up, the causes of the pain behind the knee might simply be slight micro tears in the cartilage. This can be treated with the same solutions at the end of this article. Tears, if minor, require no surgery and will heal on their own depending on the time allowed for healing and if the activity that aggravates it is avoided.

### 3. Baker's Cyst

The cyst usually occurs due to some other problem in your knee such as arthritis or even a tear of your meniscus. The swelling from this problem causes fluid to build up in your knee. This

fluid pushes out the weakest point of your joint capsule surrounding your knee. This is usually to the back portion of your knee capsule, and a cyst forms. The cyst has a valve made out of your joint capsule tissue. This valve can sometimes become clogged and the fluid becomes trapped in the cyst. Thus, even when the injury has resolved, you still have the swelling in the back of your knee. This is associated with pain usually described as dull and aching. The pain is worse with prolonged walking or standing. It is sometimes improved with rest, elevation and taking pain medication.

Many people agree that when it comes to pain behind the knee, the best plan of action is Control, Avoid, and Rehabilitate.

#### Control:

Cryotherapy which involves putting ice on the area for 5 minutes at a time. This will help reduce the pain. Do not continue to apply ice if a burning sensation is felt.

Heat from a heating pad for 10–20 minutes on a lower setting may help reduce pain. Alternative methods include creams that create a heating sensation like Icy–Hot or AST BioFreeze gel.

Bracing from a comfortable knee brace can provide some needed relief and stability to the area, reducing the pressure on the area and thus; reducing the pain. There are many knee braces available that can be worn during activity or at any time where the area becomes bothersome.

#### Avoid:

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There's nothing special about this old saying. Simply avoid the activities that aggravate the pain and participate in ones that seem to help it. Making a list of things NOT to do and a list of things TO DO will be helpful in determining what makes the pain worse. Avoid activities that continue to make the pain worse or no better. This is typical advice. Pain is a warning signal.

Rehabilitate:

Talk to a Doctor and make a plan of action to rehabilitate the knee thru controlled motions. Rehabilitation includes motivation to do the prescribed exercises. The correct exercises as prescribed and the proper equipment to keep the motions in controlled.

Pain behind the knee is very common in some many sports that you

can suffer from this by doing almost anything from snowboarding to racquetball. By taking precautions in your sports and understanding what might cause this, will allow not only enjoyable sports activities, but a lifetime of activity.

Visit <http://www.JointHealing.com> For Complete Information on All Types of Join Related Issues

Marc David is a bodybuilder, writer, and author of the the e–book "The Beginner's Guide to Fitness and Bodybuilding" (BGFB): What Every Beginner Should Know but Probably Doesn't. Marc has written over 20 articles and has been featured in several health and fitness websites. Marc's opinionated and informative articles on bodybuilding, weight loss and training are featured regularly on: <http://www.freedomfly.net>

### **Knee Pain Factors! Prevention Better Than Cure!**

**By Carrie A.Hall**

When a young athlete has the condition, he or she usually has a throbbing pain that occurs just below the knee joint. You may have pain in the joint at the base of your big toe, or in your foot, ankle, knee, elbow or hand.

Muscle force and body weight determine the degree of patello–femoral joint reaction force, which frequently contributes to anterior knee pain following TKA. This in–turn places stress on the knee joint, which results in pain and damage to the structures that make up the knee joint. Other conditions that can lead to knee pain include arthritis, infections, hemarthrosis (blood in the knee joint), cysts and bone tumors. One could also experience a knee pain if there is an infection in the joint.

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Nonspecific complaints may include global or generalized knee pain, joint line pain, or posterior knee pain. But some knee injuries and medical conditions, such as osteoarthritis, can lead to increasing pain, joint damage and even disability if left untreated.

Knee arthritis typically affects patients over 50 years of age. It is more common in patients who are overweight, and weight loss tends to reduce the symptoms associated with knee arthritis. There is also a genetic predisposition of this condition, meaning knee arthritis tends to run in families. Other factors that can contribute to developing knee arthritis include trauma to the knee, meniscus tears or ligament damage, and fractures to the bone around the joint.

Although it's not always possible to prevent knee pain, the following suggestions may help forestall injuries and joint deterioration: Keep extra pounds off!

Surgery is always the last option to any illness. However, if your knee pain is diagnosed by a medical doctor and if he recommends surgery, it is always safer to follow the professional advice. More than 90% of knee replacements result in dramatically reduced knee pain and increased mobility of the knee joint. Studies have shown acupuncture to be effective in relieving certain types of knee pain, especially arthritic conditions of the knee and knee joint.

Many things can slow down your active lifestyle, but Knee Pains can definitely bring it to a stop. Come Find out More about Knee Pain at



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