

Knee Injuries and Disorders

Your knee joint is made up of bone, cartilage, ligaments and fluid. Muscles and tendons help the knee joint move.

When any of these structures is hurt or diseased, you have knee problems. Knee problems can cause pain and difficulty walking.

Arthritis is the most common disease that affects bones in your knees. The cartilage in the knee gradually wears away, causing pain and swelling.

Injuries to ligaments and tendons also cause knee problems. A common injury is to the anterior cruciate ligament (ACL). You usually injure your ACL by a sudden twisting motion. ACL and other knee injuries are common sports injuries.

Treatment of knee problems depends on the cause. In some cases your doctor may recommend knee replacement.



Text is public domain by MedlinePlus (www.medlineplus.gov) This handout, created by Healthy Roads Media (www.healthyroadsmedia.org), can be freely distributed under the Creative Commons Attribution-NonCommercial-NoDerivs License (<http://creativecommons.org/licenses/by-nc-nd/3.0/us>)

Last reviewed 2009