

# A Comprehensive Guide on Common Knee Injuries



The knee is one of the most critical joints that help in the various movements of our legs, and when the joint gets injured, most of the movements get affected. If you know, the knee joint is the largest and most complex in our body. Besides facilitating the movement, the knee joint is also known to support the body's weight. Due to its complexity, the knee joint is also prone to getting different types of injuries.

Tears in the ligaments, cartilages, and tendons are most commonly seen in the knees. The extent of the injury will depend upon the cause. For example, high-impact injuries often lead to serious injuries than the ones that occur due to low impact. Severe injuries may require surgery using [Orthopedic Instruments](#) and Implants. In this article, we will discuss some common knee injuries faced by people.

## Common Knee Injuries

### Knee Fractures

Knee fractures are one of the most common injuries seen in the largest and most complex joint of our body. This generally occurs due to contact sports injuries, high-impact trauma, and falling from a great

height. If the fractures are serious, the entire joint might also require to be replaced. In the case of mild or moderate fractures, immobilizing the joint along with physiotherapy will be helpful.

### **Knee Dislocations**

This is the condition where the knee bone comes out of its place. Again, dislocations occur due to high impact traumas, automobile accidents, and fall from a height. Twisting of the knee with the foot firmly placed on the ground also results in dislocation.

In the case of dislocation, relocation of the bone is required to correct the situation. Relocation of the bone might require the application of anesthesia or a sedative to minimize the pain or any kind of discomfort. It might require more than a month for the dislocated knee to heal.

### **ACL Injuries**

ACL is abbreviated for anterior cruciate ligament, and it is the soft tissue that connects bones of the upper or lower leg and lower leg. The ACL also helps stabilize the knee. Anterior cruciate ligament injuries occur due to a tear in the ligament. ACL tears could occur due to twisting of the leg or its extension too much forward. These types of knee injuries are common in sportspeople. Tears in the ACL could be a small one or a complete one, thus, the type of treatment required will depend upon the extent of injury that occurred. Not all ACL injuries require surgery, most of them can be fixed with medication and physical therapy.

### **Meniscal Tears**

The meniscus is a cartilage present between the knee joint, and it serves as a cushion to provide shock absorption. Tear in the meniscus commonly occurs in people who engage in running and jumping activities more often. Therefore, meniscus tears are seen in athletes who play volleyball, football, soccer, and other such sports. Severe conditions often require surgery for the treatment.

### **Tendon Tears**

The patellar tendon in the knee is the most commonly affected one. It helps to straighten the legs. Just like meniscal tears, tendon tears are also most noticed in athletes who play sports in which running or jumping is often required. Middle-aged people are more prone to getting this type of knee injury.

So, these are the most common knee injuries experienced by people, and high-impact activities are the reasons behind that. Most often, these knee injuries can be fixed without any surgical intervention, but severe cases may require surgery.

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