

By Dr. Hitendra K. Doshi

# Bringing the 'Knee' Forward

## Safely through the Season!

Knee pain is a common condition affecting many individuals in our community. It can occur at any age.

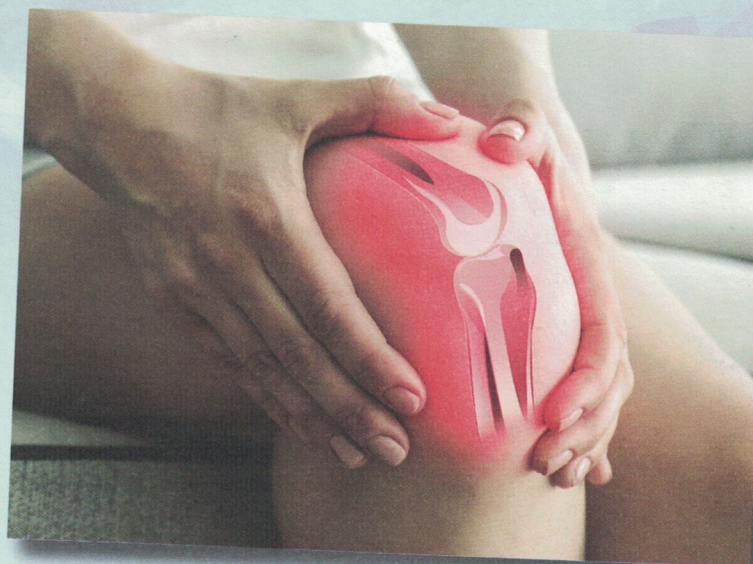
The knee joint is a weight bearing joint which takes load while we stand, walk, run and jump. It is responsible for allowing a smooth transition in the mobility it provides with regards to bending the knee while sitting or even squatting. An injury to any structure in the knee joint can potentially cause knee pain and if not managed timely, can potentially lead to degenerative osteoarthritis in the future. Mild twisting injuries can also lead to degenerate tear of the meniscus which can further contribute to pain. A forceful fall or an attempt to break a fall can lead to a fragility fracture due to underlying osteoporosis.

### Early Diagnosis

Diagnosing the main pathology of concern causing the knee pain is crucial for treatment and management. An early diagnosis will allow timely treatment and minimize the risk of further progression of the pathology which can potentially lead to wear and tear resulting in osteoarthritis. Seek advice immediately if the pain persists and gains in intensity.

### Timely and Holistic Approach

A holistic and timely approach to managing knee pain is vital to retard the progression of degeneration. Weight reduction is an important aspect in pain management as it reduces the loads in the knee and hence decreases the pain. Besides dieting, changing our lifestyle will reduce



the loads on the knee and also reduce the chances of accidental injuries. Daily exercise and regular physiotherapy for knee muscle strengthening is of paramount importance. However, one must choose the correct form of exercise to avoid over stressing the knees.

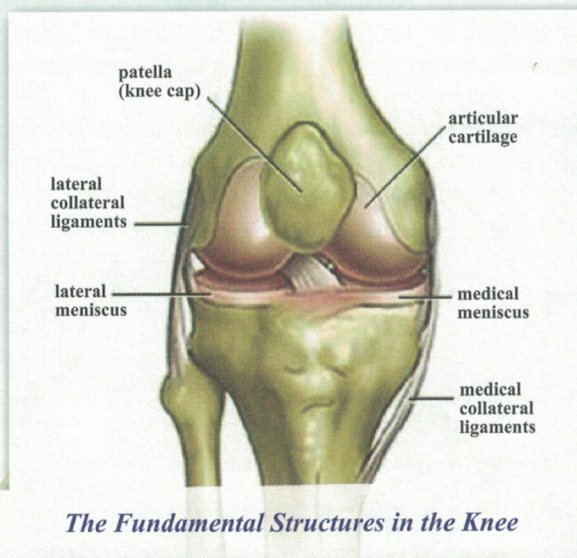
### Preventive Measures

During festive season in particular, when one may be more involved in celebrations and travel, the risk of injuring the knee maybe higher. It is therefore important to be vigilant in fall prevention. Besides proper footwear, use of a walking aid for those with severe knee pain or a use of an off-loader knee brace can help elevate pain and prevent injuries. It is also important to avoid overusing an arthritic knee or overloading the degenerate knee as this can lead to swelling, fluid accumulation and more pain.

### The Way Forward

Preserving a 'pain free' knee mobility and function especially in daily living ensures a better quality of life. To achieve that vision, follow the fundamental principles of an early diagnosis, a holistic approach and compliance with preventive measures. Adequate precautions must be taken particularly when involved in physically demanding activities during the season. This is the cornerstone in bringing the 'knee' forward, safely and effectively through the festive season.

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*The Fundamental Structures in the Knee*