by [admin](#)

## What is osteoarthritis?

11:38 am in [Osteoarthritis](#) by [admin](#)

### Osteoarthritis

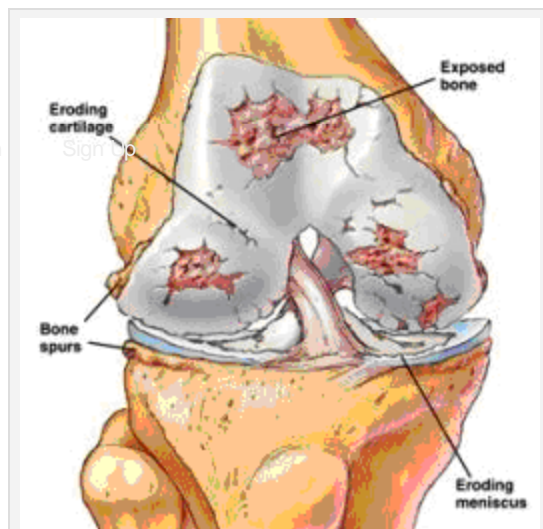
When a person walks, whole of body weight is transferred from thigh to knee, knee to calf and finally to ankle. As you can see in the picture below, whenever a person walks pressure is transferred from Femur (thigh bone) to Tibia (shin or calf bone) by support of ligaments and meniscus. Meniscus acts as a shock absorber or cushion which is supported by ligaments to let knee joint move in right direction.



structure knee joint

In Osteoarthritis there is friction between knee bones due to improper gap and alignment. This is mostly because of reduced synovial fluid (water content in cartilage), cartilage and meniscus, as you can see in picture below when there is less cushion or damaged ligament a person cannot walk properly and limping is most common sign of it which anyone can notice. Cartilage loses elasticity and is more easily damaged by injury or use. It can be usually found in old aged people, diabetic patient, injury, hormonal

disorders, obesity, pregnancy and many more. These are main reason for knee pain.



arthritis knee joint pain

Rating: **+2** (from 2 votes)

To start connecting please log in first. You can also [create an account](#).

Username

Password

 Remember Me

#### Youtube Video



#### Join as Member

All blogs can be viewed on [cure2arthritis.com](#) only by registered [cure2arthritis.com](#) members, become member to know more about arthritis for free <http://cure2arthritis.com/register/>

#### Blog Rating

Average blog rating:

# 10.0

24 votes cast for 9 posts

[\[Translate\]](#)

[No Comments »](#)



## Leave a Reply

Name \*

Email \*

Website

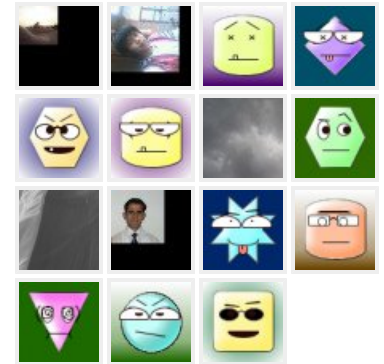
Comment

*cure2arthritis.com*

Submit

Comment moderation is enabled. Your comment may take some time to appear.

### Recently Active Member Avatars



### Groups

[New est](#) | [Active](#) | [Popular](#)



[Osteoarthritis](#)

5 members



[Rheumatoid Arthritis](#)

2 members

### Arthritis Search Engine

### Arthritis Search Engine

### alexa

**Site Info**  
cure2arthritis.com  
Rank: **673,497**  
Links in: **5**  
Powered by Alexa

[cure2arthritis.com](http://cure2arthritis.com)