

by admin

What is osteoarthritis?

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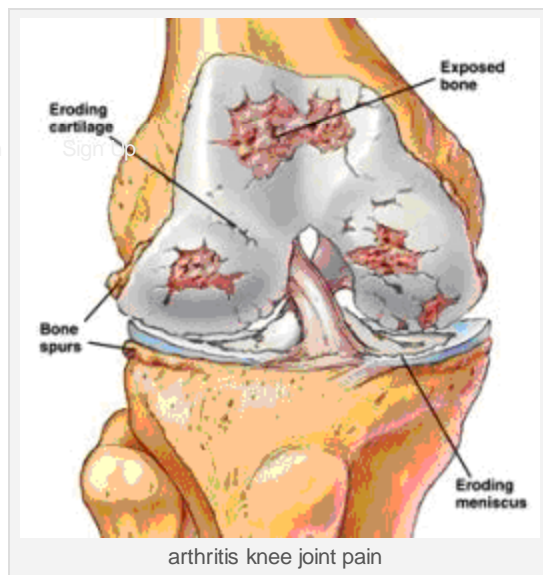
Osteoarthritis

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.



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.



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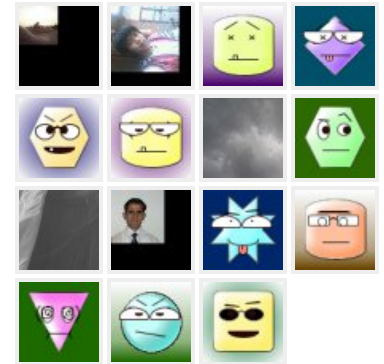
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