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## 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.

Knee problems are very common, and they occur in people of all ages. Knee problems can interfere with many things, from participation in sports to simply getting up from a chair and walking. This can have a big impact on your life.

The most common disease affecting the knee is **osteoarthritis** [<https://medlineplus.gov/osteoarthritis.html>]. 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** [<https://medlineplus.gov/sportsinjuries.html>].

Treatment of knee problems depends on the cause. In some cases your doctor may recommend **knee replacement** [<https://medlineplus.gov/kneereplacement.html>].

*NIH: National Institute of Arthritis and Musculoskeletal and Skin Diseases*

### Start Here

- Common Knee Injuries [<https://orthoinfo.aaos.org/en/diseases--conditions/common-knee-injuries>] (American Academy of Orthopaedic Surgeons)
- Knee Problems [<https://familydoctor.org/symptom/knee-problems/?adfree=true>] (American Academy of Family Physicians)  
Also in Spanish [<https://es.familydoctor.org/sintoma/problemas-de-rodilla/?adfree=true>]

### Symptoms

- Iliotibial Band Syndrome (For Parents) [<https://kidshealth.org/en/parents/iliotibial-band-syndrome.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/iliotibial-band-syndrome.html>]

### Diagnosis and Tests

- Direct Arthrography [<https://www.radiologyinfo.org/en/info/arthrog>]  
 (American College of Radiology; Radiological Society of North America)  
Also in Spanish [<https://www.radiologyinfo.org/es/info/arthrog>]
- Knee MRI [<https://www.radiologyinfo.org/en/info/kneemr>] (American College of Radiology; Radiological Society of North America)  
Also in Spanish [<https://www.radiologyinfo.org/es/info/kneemr>]
- Knee Problems [<https://familydoctor.org/symptom/knee-problems/?adfree=true>] (American Academy of Family Physicians)  
Also in Spanish [<https://es.familydoctor.org/sintoma/problemas-de-rodilla/?adfree=true>]
- X-Ray Exam: Knee (For Parents) [<https://kidshealth.org/en/parents/xray-knee.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/xray-knee.html>]

## Treatments and Therapies

- ACL Injury: Diagnosis and Treatment [<https://www.mayoclinic.org/diseases-conditions/acl-injury/diagnosis-treatment/drc-20350744?p=1>] (Mayo Foundation for Medical Education and Research)
- Iliotibial Band Syndrome (For Parents) [<https://kidshealth.org/en/parents/iliotibial-band-syndrome.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/iliotibial-band-syndrome.html>]
- Knee Arthroscopy [<https://orthoinfo.aaos.org/en/treatment/knee-arthroscopy/>] (American Academy of Orthopaedic Surgeons)
- Knee Replacement: MedlinePlus Health Topic [<https://medlineplus.gov/kneereplacement.html>]  (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/kneereplacement.html>]

## Living With

- Knee Bracing: What Works? [<https://familydoctor.org/knee-bracing-what-works/?adfree=true>] (American Academy of Family Physicians)  
Also in Spanish [<https://es.familydoctor.org/rodilleras-que-funciona/?adfree=true>]
- Knee Rehabilitation Exercises [<https://orthoinfo.aaos.org/en/recovery/knee-conditioning-program/knee-pdf/>] (American Academy of Orthopaedic Surgeons)
- Mobility Aids: MedlinePlus Health Topic [<https://medlineplus.gov/mobilityaids.html>]  (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/mobilityaids.html>]

## Specifics

- ACL Injury [<https://familydoctor.org/condition/acl-injuries/?adfree=true>] (American Academy of Family Physicians)
- Baker Cyst [<https://www.mayoclinic.org/diseases-conditions/bakers-cyst/symptoms-causes/syc-20369950?p=1>] (Mayo Foundation for Medical Education and Research)
- Osteochondritis Dissecans [<https://familydoctor.org/condition/osteochondritis-dissecans/?adfree=true>] (American Academy of Family Physicians)  
Also in Spanish [<https://es.familydoctor.org/condicion/osteochondritis-disecante-es/?adfree=true>]
- Patellar Tendinitis [<https://www.mayoclinic.org/diseases-conditions/patellar-tendinitis/symptoms-causes/syc-20376113?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/patellar-tendinitis/symptoms-causes/syc-20376113?p=1>]
- Patellofemoral Pain Syndrome [<https://familydoctor.org/condition/patellofemoral-pain-syndrome/?adfree=true>] (American Academy of Family Physicians)  
Also in Spanish [<https://es.familydoctor.org/condicion/sindrome-de-dolor-patellofemoral-es/?adfree=true>]
- Pigmented Villonodular Synovitis (PVNS) [<https://familydoctor.org/condition/pigmented-villonodular-synovitis/?adfree=true>] (American Academy of Family Physicians)  
Also in Spanish [<https://es.familydoctor.org/condicion/sinovitis-vellonodular-pigmentada-pvns-es/?adfree=true>]
- Posterior Cruciate Ligament (PCL) Injuries [<https://orthoinfo.aaos.org/en/diseases--conditions/posterior-cruciate-ligament-injuries/>] (American Academy of Orthopaedic Surgeons)
- Swollen Knee [<https://www.mayoclinic.org/diseases-conditions/swollen-knee/symptoms-causes/syc-20378129?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/swollen-knee/symptoms-causes/syc-20378129?p=1>]

## Images

- Anterior cruciate ligament repair - series [[https://medlineplus.gov/ency/presentations/100230\\_1.htm](https://medlineplus.gov/ency/presentations/100230_1.htm)] (Medical Encyclopedia)  
Also in Spanish [[https://medlineplus.gov/spanish/ency/esp\\_presentations/100230\\_1.htm](https://medlineplus.gov/spanish/ency/esp_presentations/100230_1.htm)]
- Knee arthroscopy - series [[https://medlineplus.gov/ency/presentations/100117\\_1.htm](https://medlineplus.gov/ency/presentations/100117_1.htm)] (Medical Encyclopedia)  
Also in Spanish [[https://medlineplus.gov/spanish/ency/esp\\_presentations/100117\\_1.htm](https://medlineplus.gov/spanish/ency/esp_presentations/100117_1.htm)]

## Test Your Knowledge

- Knee Pain Myths & Facts Quiz [[https://medlineplus.gov/ency/quiz/003187\\_56.htm](https://medlineplus.gov/ency/quiz/003187_56.htm)] (Medical Encyclopedia)  
Also in Spanish [[https://medlineplus.gov/spanish/ency/quiz/003187\\_92.htm](https://medlineplus.gov/spanish/ency/quiz/003187_92.htm)]

## Clinical Trials

- ClinicalTrials.gov: Anterior Cruciate Ligament (ACL) Injuries [<https://clinicaltrials.gov/search?cond=%22Anterior+Cruciate+Ligament%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Anterior Cruciate Ligament Reconstruction [<https://clinicaltrials.gov/search?cond=%22Anterior+Cruciate+Ligament+Reconstruction%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Articular Cartilage Disorders [<https://clinicaltrials.gov/search?cond=%22Cartilage,+Articular%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Knee Injuries [<https://clinicaltrials.gov/search?term=knee+injuries&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Menisci, Tibial [<https://clinicaltrials.gov/search?cond=%22Menisci,+Tibial%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Patella Disorders [<https://clinicaltrials.gov/search?cond=%22Patella%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

## Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Effects of isoinertial training on muscle power, endurance, isometric strength, and... [<https://www.ncbi.nlm.nih.gov/pubmed/40713700>]
- Article: Effects of 2 different rehabilitation programs on jumping performance after ACL... [<https://www.ncbi.nlm.nih.gov/pubmed/40629609>]
- Article: Microfracture Versus Arthroscopic Debridement for the Treatment of Symptomatic Cartilage Lesions... [<https://www.ncbi.nlm.nih.gov/pubmed/40570306>]
- Knee Injuries and Disorders -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Knee+Injuries%22%5Bmajr%3Anoexp%5D+OR+%22Anterior+Cruciate+Ligament+Reconstruction%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+AND+%28patient+education+handout%5Bpt%5D+OR+guideline%5Bpt%5D+OR+clinical+trial%5Bpt%5D%29++NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

## Find an Expert

- Find a Doctor in American Association of Hip and Knee Surgeons [<https://findadoctor.aahks.net>]  
(American Association of Hip and Knee Surgeons)
- National Institute of Arthritis and Musculoskeletal and Skin Diseases [<https://www.niams.nih.gov/>]   
Also in Spanish [<https://www.niams.nih.gov/es/portal-en-espanol>]

## Children

- Osgood-Schlatter Disease (For Parents) [<https://kidshealth.org/en/parents/osgood.html>] (Nemours Foundation)
- Osteochondritis Dissecans (For Parents) [<https://kidshealth.org/en/parents/osteochondritis-dissecans.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/osteochondritis-dissecans.html>]

## Teenagers

- Anterior Cruciate Ligament (ACL) Tears [<https://kidshealth.org/en/teens/acl-injuries.html>] (Nemours Foundation)

Also in Spanish [<https://kidshealth.org/es/teens/acl-injuries.html>]

- Jumper's Knee [<https://kidshealth.org/en/teens/jumpers-knee.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/teens/jumpers-knee.html>]
- Knee Injuries [<https://kidshealth.org/en/teens/knee-injuries.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/teens/knee-injuries.html>]
- Medial Collateral Ligament (MCL) Injuries [<https://kidshealth.org/en/teens/mcl-injuries.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/teens/mcl-injuries.html>]
- Meniscus Tears [<https://kidshealth.org/en/teens/meniscus-tear.html>] (Nemours Foundation)
- Osgood-Schlatter Disease [<https://kidshealth.org/en/teens/osgood.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/teens/osgood.html>]
- Patellofemoral Pain Syndrome (Runner's Knee) [<https://kidshealth.org/en/teens/runners-knee.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/teens/runners-knee.html>]

## Patient Handouts

- ACL reconstruction [<https://medlineplus.gov/ency/article/007208.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007208.htm>]
- Anterior cruciate ligament (ACL) injury [<https://medlineplus.gov/ency/article/001074.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001074.htm>]
- Anterior cruciate ligament (ACL) injury -- aftercare [<https://medlineplus.gov/ency/patientinstructions/000681.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000681.htm>]
- Anterior knee pain [<https://medlineplus.gov/ency/article/000452.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000452.htm>]
- Baker cyst [<https://medlineplus.gov/ency/article/001222.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001222.htm>]
- Broken kneecap - aftercare [<https://medlineplus.gov/ency/patientinstructions/000582.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000582.htm>]
- Collateral ligament (CL) injury -- aftercare [<https://medlineplus.gov/ency/patientinstructions/000671.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000671.htm>]
- Getting your home ready - knee or hip surgery [<https://medlineplus.gov/ency/patientinstructions/000167.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000167.htm>]
- Knee arthroscopy [<https://medlineplus.gov/ency/article/002972.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002972.htm>]
- Knee MRI scan [<https://medlineplus.gov/ency/article/007361.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007361.htm>]
- Knee pain [<https://medlineplus.gov/ency/article/003187.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003187.htm>]
- Meniscus tears - aftercare [<https://medlineplus.gov/ency/patientinstructions/000684.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000684.htm>]
- Osgood-Schlatter disease [<https://medlineplus.gov/ency/article/001258.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001258.htm>]



## MEDICAL ENCYCLOPEDIA

ACL reconstruction [<https://medlineplus.gov/ency/article/007208.htm>]

ACL reconstruction - discharge [<https://medlineplus.gov/ency/patientinstructions/000189.htm>]

Anterior cruciate ligament (ACL) injury [<https://medlineplus.gov/ency/article/001074.htm>]

Anterior cruciate ligament (ACL) injury -- aftercare [<https://medlineplus.gov/ency/patientinstructions/000681.htm>]

Anterior cruciate ligament repair - series [[https://medlineplus.gov/ency/presentations/100230\\_1.htm](https://medlineplus.gov/ency/presentations/100230_1.htm)]

Anterior knee pain [<https://medlineplus.gov/ency/article/000452.htm>]

Baker cyst [<https://medlineplus.gov/ency/article/001222.htm>]

Broken kneecap - aftercare [<https://medlineplus.gov/ency/patientinstructions/000582.htm>]

Collateral ligament (CL) injury -- aftercare [<https://medlineplus.gov/ency/patientinstructions/000671.htm>]

Getting your home ready - knee or hip surgery [<https://medlineplus.gov/ency/patientinstructions/000167.htm>]

Iliotibial band syndrome -- aftercare [<https://medlineplus.gov/ency/patientinstructions/000683.htm>]

Knee arthroscopy [<https://medlineplus.gov/ency/article/002972.htm>]

Knee arthroscopy - discharge [<https://medlineplus.gov/ency/patientinstructions/000199.htm>]

Knee arthroscopy - series [[https://medlineplus.gov/ency/presentations/100117\\_1.htm](https://medlineplus.gov/ency/presentations/100117_1.htm)]

Knee CT scan [<https://medlineplus.gov/ency/article/007345.htm>]

Knee microfracture surgery [<https://medlineplus.gov/ency/article/007255.htm>]

Knee MRI scan [<https://medlineplus.gov/ency/article/007361.htm>]

Knee pain [<https://medlineplus.gov/ency/article/003187.htm>]

Kneecap dislocation - aftercare [<https://medlineplus.gov/ency/patientinstructions/000585.htm>]

Meniscal allograft transplantation [<https://medlineplus.gov/ency/article/007209.htm>]

Meniscus tears - aftercare [<https://medlineplus.gov/ency/patientinstructions/000684.htm>]

Osgood-Schlatter disease [<https://medlineplus.gov/ency/article/001258.htm>]

Osteotomy of the knee [<https://medlineplus.gov/ency/article/007499.htm>]

Posterior cruciate ligament (PCL) injury -- aftercare [<https://medlineplus.gov/ency/patientinstructions/000680.htm>]

Tibial osteotomy - series [[https://medlineplus.gov/ency/presentations/100223\\_1.htm](https://medlineplus.gov/ency/presentations/100223_1.htm)]

## Related Health Topics

Knee Replacement [<https://medlineplus.gov/kneereplacement.html>]

Leg Injuries and Disorders [<https://medlineplus.gov/leginjuriesanddisorders.html>]

## National Institutes of Health

The primary NIH organization for research on *Knee Injuries and Disorders* is the National Institute of Arthritis and Musculoskeletal and Skin Diseases [<http://www.niams.nih.gov/>]

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