

THE KNEE JOINT

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[The Knee Joint - Articulations - Movements - Injuries](#)

The knee joint is a hinge type synovial joint, which mainly allows for flexion and extension (and a small degree of medial and lateral rotation). It is formed by articulations between the patella, femur and tibia.

[Osteoarthritis \(OA\) of the knee | Knee pain | Versus Arthritis](#)

Osteoarthritis (os-tee-o-arth-ri-tus) is the most common form of arthritis, and the knee is one of the most commonly affected joints. Everyone's joints go through a normal cycle of damage and repair during their lifetime, but sometimes the body's process to repair our joints can cause changes in their shape or structure.

[Stages of Osteoarthritis of the Knee - Healthline](#)

Total knee replacement, or arthroplasty, is a last resort for most patients with severe OA of the knee. During this procedure, a surgeon removes the damaged joint and replaces it with a plastic.

[Knee Osteoarthritis - Physiopedia](#)

Knee osteoarthritis is the occurrence of osteoarthritis(OA) in the knee joint. Osteoarthritis has many definitions, but Kuttner et al. defined it as follows: Osteoarthritis, also known as degenerative arthritis or degenerative joint disease, is a group of overlapping distinct diseases, which may have different etiologies but with similar biologic, morphologic, and clinical outcomes.

[Listen to Your Body | Exercises for Knee OA Pain ...](#)

1. 6 Exercises for Knee OA Pain It's one thing to be weak in the knees in the romantic sense and quite another just to be weak in the knees. Show them some love with these exercises that target quadriceps, hamstrings and glutes the muscles that contribute to healthy knee function and help prevent injury.

[Knee Joint - Anatomy Pictures and Information](#)

The knee joint is one of the strongest and most important joints in the human body. It allows the lower leg to move relative to the thigh while supporting the body's weight.

[Picture of the Knee - WebMD](#)

The knee is one of the largest and most complex joints in the body. The knee joins the thigh bone (femur) to the shin bone (tibia). The smaller bone that runs alongside the tibia (fibula) and the

[Physical Therapy for Knee Osteoarthritis](#)

Physical therapy can help to reduce the pain, swelling, and stiffness of knee osteoarthritis, and it can help improve knee joint function. It can also make it easier for you to walk, bend, kneel, squat, and sit.

Knee Pain Treatment, Diagnosis & Related Symptoms

Knee pain is a common problem with many causes, from acute injuries to complications of medical conditions. Knee pain can be localized to a specific area of the knee or be diffuse throughout the knee.