

Knee Problems

(NAPSA)—People of all ages can experience knee problems. Some of the most common knee problems result from:

- Osteoarthritis of the knee, the gradual wearing away of cartilage and changes in the nearby bone, can be caused by injury, obesity and aging.

- Injuries to the menisci (pads of connective tissue on the inner and outer sides of each knee) are caused by the force of rotation while bearing weight.



- Injuries to the collateral and cruciate ligaments (tough tissue that connects the femur and tibia) are caused by twisting or direct impact.

Treatments for knee problems vary depending on the type of problem and severity.

The National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) funds research to better understand and treat knee problems. The booklet, "Questions and Answers About Knee Problems," offers information and treatment tips. For a free copy, call (877) 22-NIAMS or order online at www.niams.nih.gov.