

Instability of Knee

Instability of the knee is usually referred to as a sense of looseness, giving away of the knee, or abnormal opening during certain activities. The stability of the knee joint is maintained by the shape of the menisci, knee cap, condyles, muscles, and ligaments that support the structure of the knee joint. Injury to any one or more of these supporting structures can cause instability in the knee.

Osteoarthritis of the knee is also related to instability of the knee. Osteoarthritis causes loosening of cartilage bodies inside the knee, degeneration of meniscus, and muscular weakness.



Small loose bodies of calcified cartilage due to osteoarthritis can be caught between the bones of the knee, in the joint space, causing sudden pain and sensation of the knee giving way. These loose bodies can also cause locking of the knee and may interfere with the straightening of the leg.

Treatment of knee pain is now possible at AIOR- Anup Institute of Orthopaedics and Rehabilitation
<https://www.aior.co.in/index.php>

A most common cause of knee instability is an injury of

ligaments. Other causes may include tears of the meniscus, patellar injury/instability, or swelling in the knee.

Swelling also referred to as **“water on the knee”** can also make the joint feel unstable by increasing the space between shin bone, thigh bone, and patella (knee cap). Ligament tears, meniscus tears, patella dislocations, and fractures are common causes of swelling of the knee, which in turn can lead to instability of this hinge joint.



Worn out cartilage

While ligament injuries, common amongst athletes, are often caused by sudden stopping, twisting, hyperextending or hyper flexing, meniscus tears can occur due to an injury, minor traumas, or even squatting deeply.

Instability of patella or unstable knee cap can occur due to the abnormally shaped or abnormally aligned knee. Knee cap dislocations are also common amongst young athletes and can lead to recurrent episodes of knee instability.

Generally, treatment of knee instability depends on the extent or grade of the instability and whether or not the injury is chronic or acute. Mild to moderate injuries that cause instability may be treated with anti-inflammatory medications, ice, bracing, and physical therapy. Severe or most grade 3 injuries causing instability typically require surgical

reconstruction or repair.

Instead of wondering, "What are the best options for **knee injury treatment near me?**" get in touch with AIOR team

<https://www.drashishsingh.com/bookappointment/appointment.php>.
You can visit the website of AIOR – Anup Institute of Orthopaedics and Rehabilitation <https://www.aior.co.in/best-orthopedic-hospital.php> to know about **knee pain specialist**.