
Elbows and Knees

© 2006 IT Network, Inc.

Knees and elbows are used frequently, and injury to them is common. The human knee is the largest single joint in the body, and because it's virtually unprotected, it's vulnerable to injury. In fact, it's the most frequently injured joint, especially with athletes. Symptoms of knee problems include pain and aching, swelling, stiffness, and limitation of movement as well as locking and giving way.

Runner's knee develops from the stress of running and often gets progressively worse. Elbow injuries, such as "tennis elbow", can result from improper gripping, repeated bending, or overuse, which can strain the muscles and lead to inflammation. Symptoms may include increasing or persistent pain over two to three days, stiffness, and inability to straighten or use the elbow. Knee or elbow bursitis can result when the soft sacs or bursa in the joints become inflamed.

Treatment of knee and elbow injuries includes immobilization or rest, applying ice and later heat, and restricting activities until the injury is healed. Medication and surgery may also be needed.