

## **Injuries to the Knee**

© 2006 IT Network, Inc.

The knee is comprised of many parts, which makes it vulnerable to various types of injuries. The knee is the largest joint in the body, and it's the most often treated area by orthopaedic surgeons.

The most prevalent injuries occur to one or more of the four ligaments located in the joint, including the anterior cruciate ligament and the medial collateral ligament, which are often injured during sports. Anterior cruciate ligament injuries often occur when you change direction rapidly, slow down when running, or land from a jump, while medial collateral ligament injuries are more apt to occur by direct contact made on the outside of the knee. A torn meniscus, or knee cartilage, is another common injury to the joint. The meniscus is a tough, rubbery cartilage that is attached to the knee's ligaments and acts like a shock absorber.

Seeking immediate advice from a doctor may be the best treatment for more serious injuries, but using rest, ice, compression, and elevation is common treatment for mild knee injuries.

For additional information, check out our JOI Physician's articles.