

Various Forms of Knee Arthritis Have Different Symptoms

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Introduction

Arthritis affects the knee and produces swelling and inflammation in the joints. When moving the knee, people may suffer stiffness, weakness, and cracking noises. Arthritis is a broad term that refers to a variety of disorders that produce inflammation or swelling in the joints or tissues. Many of these issues might have an impact on the knee. This page outlines the various symptoms of knee arthritis and which type of arthritis may be to blame. It will also include information on how to make a diagnosis and what treatment options are available [1].

Symptoms of Arthritis in the Knee include:

- Knee pain and swelling after use, misuse, or trauma
- Knee pain and swelling that worsens after extended periods of inactivity, such as sleeping, sitting, standing, or resting, or at the end of the day
- Knee stiffness and swelling that makes it difficult to straighten or bend the knee properly
- A "locking" or "sticking" sensation while moving the knee
- A creaking, clicking, grinding, or snapping noise when moving the knee
- Pain that may intensify in wet conditions

Is it true that the symptoms only affect one leg?

- Osteoarthritis (OA), reactive arthritis, gout, and post-traumatic arthritis are all conditions that produce pain in only one joint or one side of the body, though they can affect both. Lupus and rheumatoid arthritis are two autoimmune diseases that affect both sides of the body [2].
- Is the discomfort constant?: During the acute phase of a flare or attack, gout, OA, post-traumatic, reactive, and infectious arthritis can cause constant agony. Symptoms may, however, be more severe on some days than others.
- Symptoms of other types of arthritis may alternate between flare-ups and periods of remission during which symptoms improve, such as:
- Rheumatoid arthritis
- Psoriatic arthritis
- Arthritis due to lupus

The Knees May Be Affected By the Following Forms of Arthritis

The following types of arthritis might affect the knee.

Osteoarthritis: The most prevalent type is OA [3]. Trusted arthritis source and cause of knee arthritis. It is a degenerative condition that affects adults

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over the age of 50 and is marked by the gradual loss of joint cartilage. When joint cartilage degrades due to age and wear and tear, the cushioning space between the bones shrinks, resulting in painful growths known as bone spurs.

Osteoarthritis can affect any joint in the body, and it can affect many joints at once. Post-traumatic arthritis is a type of arthritis that develops after a knee injury. The ligaments and cartilage that maintain and support the joint can be affected by post-traumatic arthritis.

Gout is a condition in which uric acid crystals form in the joints, fluids, and tissues. Gout can affect the ankles and feet as well.

Other regions of the body affected by arthritis: It can induce symptoms all over the body in some cases. The following is a list of the many forms of arthritis and associated symptoms:

Rheumatoid arthritis

- Unexplained tiredness and weariness owing to anaemia
- Low-grade fever
- Inflammation of the eyes causes discomfort and redness.
- Lung or heart involvement causes chest pain, shortness of breath, and a dry cough.
- Neuropathy causes numbness and tingling in the limbs and legs [4].

Psoriatic arthritis

- Low back and buttock stiffness and pain
- Itchy, reddish, or silvery skin patches
- Nail changes
- Inflammation of the eyes

Lupus: Lupus is an autoimmune condition. Arthritis is a common symptom of this disease, which has the following characteristics:

- Chest pain and shortness of breath
- Sun or light sensitivity
- Mouth and nasal sores
- A flushed, butterfly-shaped rash across the cheeks and nose [5].
- Chest pain and shortness of breath Hair loss is a common problem.

Reactive arthritis

- Genital discomfort with or without lesions
- Gastrointestinal discomfort
- Reactive arthritis is most common in men between the ages of 20 and 50.

Infectious arthritis

- Symptoms appear suddenly and are severe.
- Fever and chills
- Swelling
- Infectious arthritis, on the other hand, most usually affects the knees. It almost never affects more than one joint at a time.

Relieving the symptoms

The best type of treatment for knee arthritis will depend on the cause.

Non-surgical treatment options: Some common non-surgical treatments for OA in the knee include:

- Walking, swimming, or cycling on a regular basis for low-impact exercise.
- Using heat or ice on a regular basis.
- Maintaining a healthy body weight.
- Taking acetaminophen or other over-the-counter (otc) pain relievers.
- Avoiding physical activities that impose strain or weight on the knees, such as sitting on the knees, kneeling, or stair climbing.
- Using knee braces, shoe inserts, or a cane as supportive or helpful devices.
- Using over-the-counter pain relievers.
- Taking glucosamine and chondroitin sulphate supplements
- Visiting a physical therapist to design a tailored exercise programme to improve flexibility and range of motion.
- Trying alternative therapies like acupuncture or magnetic pulse therapy to reduce stress.

Prescription treatment options: A doctor may also prescribe:

- Pain relievers

- Immunosuppressive or disease-modifying drugs to help control arthritis.
- Antibiotics to treat bacterial infections.
- Injections of corticosteroids, which are anti-inflammatory drugs, or joint-lubricating supplements every few months.

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