



## **Common Sense in Medicine**

**This information is based on patient interaction of over twenty-five years in the Dallas office of Dr. David Hubler M.D. Board Certified Orthopedic Surgeon**

### **What Is Going On?**

Knee problems are divided into two categories. One deals with mechanical causes, like torn cartilages, loose bodies, or ligament injuries. The other deals with inflammation like swelling, cramping, aching, or pain while sitting.

Often the inflammation symptoms are the result of a mechanical problem. For example, if there is something like a torn cartilage in the knee and you are active on the knee, it may catch or pop or give out while you are active. But after your activity stops, the knee swells or the muscles tighten up and ache, or you feel stiff after sitting. In order to stop the pain at rest you have to discover what is causing the problem when you are active.

Some inflammation type problems are related to changes in the weather, or disease types of arthritis, like rheumatoid or gout. These frequently require treatment with medication.

Most knee pain is related to injuries recent or past. Sprains, contusions, overuse injuries, or torn cartilages are the causes of most knee pain.

Some of these lead to chronic problems including arthritis.

Injuries should be treated promptly to avoid some of the later problems. Initial treatment consists of rest, ice, compression and elevation. Later moist heat is used to speed-up the healing process and to relax tight, aching muscles. Protection of the knee is continued for six weeks to allow healing. If knee pain persists more than six weeks or gets worse during that time, the knee should be checked by a medical doctor.

Most of the surgeries we do on knees now are done with an arthroscope. The two small incisions heal rapidly. With the advanced techniques we use, including a laser, our patients rarely have to take pain pills like Lortab and are usually back to work in a few days.

### **Knee Problems By David Hubler MD**

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