

Title:
Relief of Knee Pain

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444

Summary:
Our knees share the burden of carrying the body's weight, enabling us natural movement. Stiff

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Knee pain,knee physical therapy,knee injuries,knee tendonitis,knee problems,knee injury,knee s

Article Body:
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The joints were designed to supply maximum flexibility, stability, support, and defense to the
The knee joints cartilage is made of 85% water, this slightly drops down as we age, and is one

Actually, two long bones meet at the knee, the Femur from above and the Tibia from underneath.

Knee pain should not be related only to old, sick people. Knee pains have many reasons resulti

Mechanical

- Posture ~ The body weight is designed to go through a certain point at the knee. Once
- Over Weight ~ Over weight causes erosion and pains in most of the body's joints.
- Sports Injuries ~ Sports like ski, ball games, and judo are the cause of many knee inj

Illnesses

- Inflammation of the Joints ~ Chronic state of inflammation which affects the body and
- Degeneration of the Cartilage of the Joints ~ Caused by erosion of the cartilage which
- Others - Gout, Diabetes mellitus, and unbalanced releasing of the growth hormone.

There are many treatments for the injuries and pains we have discussed, from physical rehabili

An advanced approach related to several techniques and curing attitudes claims that first thin

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