

KNEE PAIN

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Abstract:

The knee joint is one of the most complex joints of the human body. Due to the constant weight on this "sophisticated" device, it is very weak, so everyone can experience this pain at least once in their life. The pain is dull, severe, even unbearable. Sometimes these pains occur only when a person walks or moves the legs, and sometimes they are felt constantly. The nature of pain in the knee joint and the factors that cause it can be different, more about them below.

Key words: knee pain, legs, joints, X-rays

Relationship of knee pain with diseases

Knee pain is not always a symptom of a disease. For example, discomfort and pain in the joints often bother teenagers. At this age, children grow rapidly, and the development of blood vessels begins to lag behind the growth of bones. As a result, pain caused by blood vessels occurs.

The causes of the disease are very diverse, in particular:

Excessive strain of the uncles for a long time;

Bacterial infections;

Knee injury;

Pathologies in body structure - for example, different length of legs;

Allergic reaction of the body to some medicines;

Presence of rheumatic diseases (gout, arthritis);

Height disorders;

Various pathologies in the development of uncles;

Weakness of uncles.

WHAT TO DO WHEN KNEE HURTS

Ignoring knee pain is very dangerous. If it is not known what caused it, the appropriate diagnosis made at the initial stage of the disease allows for timely and, most importantly, effective treatment. Therefore, it is advisable to consult a doctor at the first signs of discomfort. Which doctor to consult for knee pain depends on the situation. In particular, if the knee is injured, the advice of a surgeon or a traumatologist is necessary. Otherwise, it is necessary to visit a therapist, who, after appropriate tests, will refer to the next specialist or prescribe a course of treatment.

Often, patients are referred to an orthopedist, neurologist, osteopath, or rheumatologist.

The following research methods may be required to make a correct diagnosis:

- Survey (the patient's complaints are studied, his sensations, pain during movement, occupation and lifestyle are determined);
- Examination - sometimes, through external signs, an experienced doctor can diagnose the cause of pain or at least suspect a certain disease;
- General blood analysis (leukocytosis, anemia, increased ECHT, conclusions about the presence of inflammation, etc.);
- Biochemical analysis (for example, high levels of uric acid may indicate gout);
- Microbiological studies (for example, to detect chlamydia when reactive arthritis is suspected);
- Serological studies;
- X-ray is a very informative research method in the presence of knee pain. The image usually shows the characteristic pathology and changes of any disease;
- Magnetic resonance imaging (MRT);
- Ultrasound examination (UTT) - is very necessary when there is a possibility of knee injury, it shows the presence of meniscopathy, osteoarthritis;
- Arthroscopy is performed using special equipment for diagnostic and therapeutic purposes;
- Bone biopsy — (to confirm the diagnosis of osteomyelitis or bone tuberculosis);
- Joint puncture - liquid is taken from the joint with a special needle and studied (transparency, amount of blood cells and proteins, presence of microorganisms);
- Densitometry — this method is used to study bone density in osteoporosis (or when this disease is suspected).

TREATMENT OF KNEE PAIN

Therapeutic measures for knee pain depend on the causes that caused the pain. As mentioned above, a number of diseases and factors affect the occurrence of knee pain, so self-treatment of the problem at home can be ineffective and even dangerous. Accurate diagnosis and treatment is carried out only by an authorized specialist.

It is necessary not to delay the visit to the doctor when the following conditions are observed:

- If knee pain lasts for a long time;
- If the pain does not decrease over time and, on the contrary, increases;
- If the pain occurs suddenly and without reason;
- If there is redness on the knee;
- If the level of sensation in the knee and its surroundings changes;
- If the knee bends.

In each case, the list of diagnosis and treatment is selected individually.

Thus, depending on the factor that caused pain in the knee, the doctor can refer to the following measures and give recommendations in the treatment of the patient:

Reduction of movement or complete restriction of physical activity (sometimes it is required to fasten it with a special bandage and not to move the knee);

Using an elastic bandage or bandage helps to stabilize the joints;

Before starting exercises, perform warm-up exercises, gradually increase the weight;

Applying compresses — in some cases, the doctor may recommend hot compresses or heating ointments (to improve tissue microcirculation); sometimes it is appropriate to apply cold compresses (for the treatment of acute pain, the treatment should not exceed 15 minutes);

Drug treatment — for example, if there is inflammation in the knee, complex anti-inflammatory drugs are prescribed, if there is an injury, restorative drugs;

Surgery;

Physiotherapy.

In severe cases, patients are hospitalized for examination and treatment.

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