

Knee Braces That Can Help You If You Have "Water On The Knee"

If you have water on the knee, or you are wondering what this term means then read this. This press release also discusses how knee support can help you.

May 5, 2009 - [PRLog](#) -- Have you ever wondered what "Water on the knee" means?

Obviously I do not have water on top my knee, so why did my physician tell me I have water on the knee? - The term "water on the knee" is a generic term that describes the accumulation of excess fluid (edema) in or around the knee joint. Underlying issues like arthritis, trauma, or overuse are a few reasons why you may have "water on the knee".

We are sure you may be wondering what this term means, although you have heard it before...The term "water on the knee" is a generic term that describes the accumulation of excess fluid (edema) in or around the knee joint. As a result of a trauma, overuse, or other underlying conditions or disease, water on the knee may exist.

Arthritis is often times an underlying condition when a person has "water on the knee". The term arthritis means "joint inflammation". People also refer to arthritis as being "joint pain" as well. The two most common types of arthritis are osteoarthritis (OA), which effects over 27 million people a year (mostly women), while rheumatoid arthritis (RA) effects over two million adults. Most of them being women over the age of 45. Although these two types of arthritis effect millions of people, and are the two most common types of arthritis, there are over 100 different types of arthritis.

When this fluid is removed from the joint, an individual can have pain relief. Pain relief can be subsided when this fluid returns. It is always important to see your physician regarding this procedure.

You also may have "water on the knee" due a traumatic injury. Fluid or blood can accumulate in the knee joint as a result of a meniscus tear or ligament injury. Moreover, when an individual suffers an ACL tear, they may have also torn small blood vessels which can cause fluid to accumulate in and around their knee joint. Prepatellar bursitis can also cause water on the knee.

To avoid having water on the knees, individuals should consider seeing their physician on a regular basis, to maintain a healthy lifestyle. It is also important to make sure individuals are avoiding activities that result in physical contact with their knees. Acetaminophen is a pain medication that you can use to reduce swelling. It is important to speak with your physician before taking any medication. Weight management can also take the stress off of your joints, which could result in water on the knees. Ice and elevation of your legs can also help to reduce the fluid build up.

If you have irritating pain or instability in your knee, and want to do something about it, you should consider these aforementioned options; they can be of service to you. Moreover, the use of a low profile knee brace will help increase your knee stability and decrease pain. These knee braces can be worn during exercise or activities of daily living to provide the meaningful support you need.

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Dr. Brace Company educates people about various injuries, and helps them to make a decision on what kind of brace to get to help provide them with the support they need. Check us out at <http://www.drbraceco.com>

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