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The knee is a modified hinge joint a type of synovial joint which is composed of three functional compartments the patellofemoral articulation consisting of the patella or kneecap and the patellar groove on the front of the femur through which it slides and the medial and lateral tibiofemoral articulations linking the femur or thigh bone with the tibia the main bone of the lower leg. Knee pain is an extremely common symptom.

Lots of issues can cause it. It may be a temporary injury or chronic condition like arthritis. You can usually treat knee pain at home with rest and over the counter medicine.

Visit a healthcare provider if you've experienced an injury or have knee pain for more than a few days in a row. Jan 25 2023. Knee pain may be the result of an injury such as a ruptured ligament or torn cartilage.

Medical conditions including arthritis, gout and infections also can cause knee pain. Apr 18 2025. Knee pain can result from injury, arthritis or overuse.

Learn about its causes, symptoms and treatment options. Sep 5 2025. The knee joint is a complex structure that involves bones, tendons, ligaments and muscles for normal function.

Three bones come together in the knee joint: the tibia, femur and patella. May 9 2025. The knee is the largest and most complex joint in the body, holding together the thigh bone (femur), shin bone (tibia) and kneecap (patella). The knee's anatomy consists of many structures, including bones, tendons and ligaments, as well as cartilage and muscles, all working together to support the joint and allow movement.

If you want to learn more about knee anatomy, please watch this knee anatomy video or this article. Jun 23 2025. Knee joint: Anatomy, muscles and tendons help the knee joint move.

When any of these structures is hurt or diseased, you have knee problems. Knee problems can cause pain and difficulty walking. Knee problems are very common and they occur in people of all ages. Apr 24 2024. Do you have knee pain? Learn about the common causes based on the location of the pain and when you should see a doctor about your pain. The most common causes of knee pain are related to aging, injury or repeated stress on the knee.

Common knee problems include sprained or strained ligaments, cartilage tears, tendonitis and arthritis.

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