

Knee conditions or injuries can be a reason of pain in different areas of the knee. The position of pain can help determine which knee condition a person has. Individuals may have pain above, below, backside, at the kneecap or on the inner or external knee. Numerous individuals have knee pain at some point in their continuance. Knee pain has several usual causes, and by setting the direction and position of a person's knee pain can help determine its cause. This composition varies with different individuals where knee pain can take place and what the pain may indicate.

Pain above the knee cap

This type of pain is also known as anterior knee pain.

Anterior knee pain

This may be a result of the conditions similar as patellar such as:

- Tendonitis
- Bursitis
- arthritis,
- patellofemoral syndrome
- fat pad impingement

Other usual causes of anterior knee pain are:

Quadriceps tendinopathy(QF) QF

This is a reason of [causing pain](#) above a person's kneecap, specifically in the tendons just above the kneecap. Individuals with QF will have varying degrees of knee pain, and the pain will frequently worsen with further exertion. QF typically affects individuals who are physically energetic.

Quadriceps tendon rupture(QTR)

QTR is a less usual cause of knee pain than QF. It frequently affects middle-aged individuals who play sports. A person's quadriceps consists of four muscles that meet just above the knee cap. However, a person will have a tearing or popping sensation above the kneecap, If the quadriceps tendon gashes or ruptures.

External knee pain

Another name for external knee pain is side knee pain. Injuries that can be a reason of external knee pain include:

Iliotibial band pattern(ITBS)

ITBS is the most usual cause of side knee pain in runners and cyclists. ITBS causes individuals to develop inflammation when their Iliotibial band muscle aggravations against bone. It can be a reason of mild to violent [pain in the external ham or knee](#).

Side meniscus gashes

Side meniscus gashes are usual sports- related knee injuries. They do occur when a person gets injured on the area between the bones in their knee joint. A person with a meniscus gash will have more pain, stiffness, and swelling and may have trouble while moving their knee.

Side collateral ligament(LCL) injuries

The LCLs are on the outer part of the knee, making the knee bones be together. A person with an LCL sprain will have [pain on the outside of their knee](#). They may also have swelling at the point of their injury.

Pain at the kneecap

The following injuries can be a reason of kneecap pain

Patellofemoral pain pattern(PFPS)

PFPS is a usual cause of knee pain. Individuals generally develop PFPS after vigorous physical conditioning that strain the knee. Individuals with PFPS have [pain at the front of the knee](#) and around or behind the kneecap.

Chondromalacia patella

Chondromalacia patella occurs when cartilage gets broken down on the lower part of the knee. This may cause swelling and ache in the bone below part of the cartilage.

Arthritis

Arthritis is a condition that causes usual inflammation. However, they may have pain in their kneecaps when moving or at rest, If a person has arthritis in their knees.

Prepatellar bursitis(PB)

Bursae are small, fluid- filled, bumper- suchlike sacs between knee bones and body apkins. PB occurs when a person's bursae come inflamed. Individuals who spend a lot of time kneeling are more likely, than others to develop PB pain in front of their kneecaps.

Bipartie patella(BP)

Dual patella is an experimental irregularity that causes individuals's kneecaps to split into two as they grow. Individuals with BP don't usually, have any [pain still, the condition may be a reason of individuals to have kneecap pain after a knee injury](#) or after playing sports.

Medical pelica syndrome

Plica are crowds in the towel girding the kneejoint. However, they may have pain below the kneecap, If a person's plica come inflamed due to injury or other causes.

Dislocated patella (kneecap)

If a person experiences an injury that dislocates their patella, they will have pain and lump. Individuals have this pain in middle of the front part of their kneecap.

Inner knee pain

Doctors may also relate to inner knee pain as medium knee pain. Injuries that be a reason of pain in this area include::

Anterior cruciate ligament(ACL)

ACLs are present on the side of person's knee, that keep the bones of the knees held together. Individuals often get injured their ACLs while playing sports. Individuals with ACL injuries have [pain and swelling on the inwards of the knees](#).

Medical collateral ligament(MCL)

MCLs are also on the inwards of the knees, holding the knee bones together. Individuals with MCL sprains will have swelling and [pain on the inwards of the knees](#). Individuals often sprain their MCLs while skiing.

Medical meniscus gash medium meniscus gashes are veritably in athletes and military labor force. The medium meniscus acts as a shock absorber. A gash can be a reason of increased pain, stiffness, and swelling in the inner kneecap.

Arthritis

Individuals with arthritis may also have inner knee pain.

Osteochondritis dissecans(OCD)

Babies and adolescents who develop OCD in their joints generally develop it in their knees. OCD occurs when small bone pieces separate inside the knee as a result of inadequate blood force. Individuals with OCD may have pain and swelling after playing sports or passing a knee injury.

Pain below the knee

Injuries that can be a reason of pain below the knee include:

Patellar tendonitis(PT)

The patellar muscles connect the lower part of the kneecap to the top of the knee bone. PT is usual in individuals who frequently take part in running or jumping conditioning. PT causes individuals's patellar tendons to come lit, leading to pain below the kneecap.

Osgood- Schlatter illness

This illness is usual in adolescents and frequently occurs during growth spurts. Individuals with Osgood- Schlatter illness have inflammation below the knees and pain where the kneecap attaches to the shinbone.

Ache at the back side of the knee

Croakers may also relate to pain at the back side of the knee as posterior knee pain. Injuries to the soft apkins and tendons are the most usual, causes of posterior knee pain. Neurological and vascular injuries do occur less often. These injuries may include:

Hamstring injury

A hamstring injury is a gash or strain in one or further muscles in the back side of the ham. These injuries are usual in athletes and other active individuals.

Posterior cruciate ligament injury

This type of injury may affect from trauma to the back side of the knee.

Meniscus gashes — a type of cartilage injury — may also do rotating movements while squinching or bending the leg may hurt this area. These gashes can be a reason of pain in multiple locales.

Conclusion

Several knee conditions and injuries can be a reason of pain in different areas of the knee. Some types of knee pain may affect from injury, but inherited conditions and overuse can also be a reason of knee pain. Individuals should seek professional advice and treatment for knee pain that doesn't get better over time or worsens with exertion.