

What Can Cause Knee Pain Without An Injury?

Many people think that knee pain is not serious or needs medical attention because there is no significant injury. This may be true at times, but if it happens over time you need to get it checked as it can damage your knee joint and affect you in a serious accident or injury.

First, let's stop with assumptions. Any pain you experience is a sign that something is not right. So if you find pain in your knee even though you have not got any injury, still you need to take a professional look. Through comprehensive imaging, a trained orthopaedic specialist can get to the bottom of your [knee pain](#) and help you eliminate those complications. However, if you are not injured, your doctor will want to diagnose the [pain and possible causes](#).

Some of the common causes of knee pain associated with neglect include:

Arthritis

Arthritis is a condition that affects the cartilage inside the joints. Cartilage provides a thick, smooth layer of protection that allows the bones inside the joint to slide smoothly without sticking or painful rubbing. As cartilage wears or breaks down, friction within the joint increases, [causing pain](#), stiffness and inflammation. Although there are several types of arthritis, Osteoarthritis is by far the most common, caused by wear and tear and age-related changes.

Rheumatoid arthritis or osteoarthritis can cause severe [knee pain](#), even without a fall or injury. Osteoarthritis can be characterised by pain and swelling that you continue to experience as you age. Your joints are not indestructible and the structure inevitably wears out over time. Rheumatoid arthritis, on the other hand, is a chronic disorder that also causes joint swelling. If you suspect that RA is behind your [knee pain](#), you may also have pain in other joints.

Arthritis usually develops where the femur and tibia meet, or between the femur and the patella. Other types of arthritis include:

[Knee pain caused by arthritis;](#)

- Rheumatoid arthritis, autoimmune disease
- Gout caused by a build-up of uric acid crystals in the joint

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- Pseudogout, is the accumulation of calcium crystals in the joint fluid
- Septic arthritis caused by an infection inside the knee joint

Tear

Again, there is a misconception that if a Tear is what is causing your [knee pain](#), you must have experienced a traumatic injury. While many ACL and meniscal tears can be caused by injury, this is not always the case. Wear and tear (no pun intended) over time can also cause tears in the knee, causing great pain. Think of an old rubber band, cracking under the pressure of years of stretching.

Bursitis

Bursae are small, fluid-filled sacs that prevent friction in the joints. In the knee, bursae help the tendons and ligaments slide smoothly over the bones in the joint. Bursitis occurs when these tiny sacs become inflamed and irritated. Overuse and repetitive use of the knee are usually the most [common causes](#) of bursitis. Bursitis can affect athletes and non-athletes, but usually stems from overuse. This can happen when the tiny pads in the knee that protect your bones in the joint from rubbing against each other become inflamed. The pain may be long and dull, or it may be felt as a quick, sharp pain.

Tendonitis

Tendonitis is usually caused by stress on the joint and muscles, either through repetitive use, or overuse. It is also nicknamed 'jumper's knee.' This means that avid runners or jumpers will feel it over time - again, even if they have suffered a traumatic injury. Tendonitis occurs when a tendon becomes irritated and inflamed. If you spend a day doing activities you are not used to, such as strenuous hiking or lots of bending and lifting, you may develop tendinitis. However, tendinitis [pain usually starts when you start physical exercise and usually does not last](#) when you rest. [Knee pain](#) is usually located under the patella or kneecap. Tendons connect the muscles of your leg and knee to the bones that make up the joint. And you can also develop sore tendons from everyday activities, especially as you get older.

Moreover, there could be some other reasons that can lead to knee pain that includes:

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Infection

In addition to septic arthritis, other infections can [cause knee pain](#). Most infections also cause warmth and tenderness in the joint, and it is not uncommon to also have a fever.

Iliotibial band syndrome Iliotibial band is a thick band of tissue that runs from your hip to your knee. The band keeps your knee stable and also supports normal leg movements. Iliotibial band syndrome develops when the band becomes irritated and inflamed. Knee pain occurs when the band rubs against the outer edge of the femur. Like tendonitis, iliotibial band syndrome is usually associated with overuse or repetitive use of the legs.

Hip, foot or ankle problems

If you have a foot, hip or ankle injury, you can transfer more weight to the other side of your body. Over time, changing your gait and balance can put stress on your knees.