

TOP INTERNATIONAL BESTSELLER

WHY MY KNEE HURTS AND HOW TO TREAT IT ?



Dr Naveen Sharma

Dr Abha Sharma

what is need of this book ?

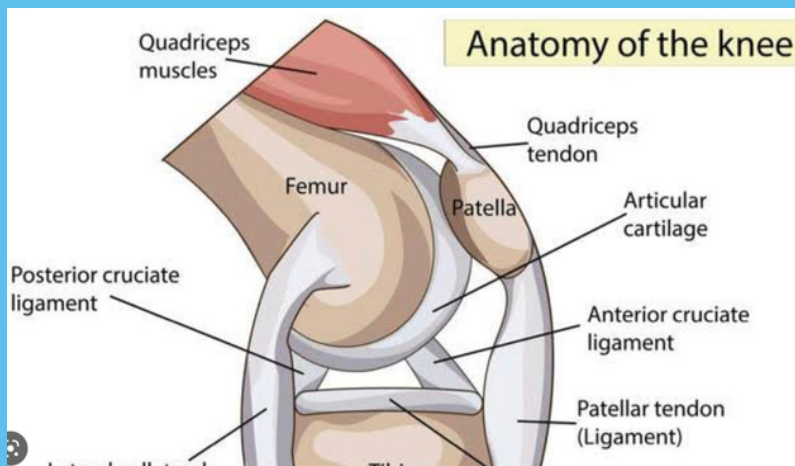
Knee pain is a very common problem. It is not limited to old age. It is seen in kids, young people or all age groups. It is so common that I see more than 20 patients daily in my OPD since the last 15 years. Only back pain is more common than knee pain. I treated knee patients by all means. And with this vast experience I have written this book to help everyone to understand causes of knee pain and be able to heal by themselves. It is a self-help book. You do not need to be a scientist to understand this book. Even with very basic knowledge you can understand this book and implement the suggestions. This book is written in forms of questions and answers because this is how I can make this learning easier for you. If you have knee pain or any of your family members are suffering from knee pain then this book is right for you. This book is good if you want to make any decisions for treatment like injection, physiotherapy or knee surgery. I have also given many clickable links in this book. These are videos by which you can understand concepts.

Dr Naveen Sharma



Dr Naveen Sharma is senior joint replacement consultant in Jaipur , India. He has done his MS orthopedics from KEM hospital , Mumbai . He has been doing his medical practice since last 18 years . He has treated more than thousand knee patients. He has written several self help book for knee and shoulder problems. His YouTube channel Dr Naveen Sharma's knee and shoulder clinic has more then 3 lakh followers and his videos about knee and shoulder problems are very popular. He is at present director of advance orthoepdic and sports injury hospital, Jaipur. You can mail him on naveenorthokem@gmail.com in case of any query.

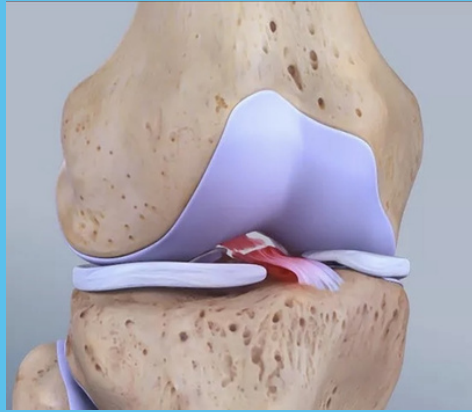
What is basic knee made of ?



The knee joint is a very important part of the body. It is a hinge joint and it is made up of three bones. Upper bone is Femur and the lower bone is Tibia. Front part is Patella or kneecap. Knee joints are useful for bending, using stairs, squatting or ground level sitting. We run, dance, pray and play with the help of the knee joint.

Knee joint is made up of four ligaments. Ligaments are like rope which connect upper bone Femur to lower bone Tibia. There are four ligaments in knee joints. ACL, PCL, MCL and LCL. These ligaments help in fine balancing of the knee joint. Upper bone and lower bone are covered with joint cartilage. This makes joint friction less. Cartilage is the most important structure in the joint to make it pain less. There are two menisci in the knee joint. Meniscus are cushion like structures which act like washers in the knee joint.

What is knee cartilage ?



Cartilage is a very important part in the knee joint. It covers the upper bone femur and lower bone tibia from the joint side.. So this makes joint friction less and pain free. It helps in gliding bone over each other. Cartilage does not have any blood or nerve supply. So, when we jump or play even when bone rubs on each other there is no pain. Meniscus also helps in this thing. When there is damage to joint cartilage knee pain can occur.

Why is there pain in the knee joint?



Knee joints can hurt due to many causes. But the most common cause is damage to knee cartilage. Knee cartilage damage can occur due to various causes like injury due to accident. Cartilage damage can also occur due to Rheumatoid arthritis. (Gathiya Bay) . Obesity is also a common cause of knee pain. This is because our knees are like tires in our vehicle. More load means more wearing of the tires. So, more weight means more damage to knee joints.

What activities causes more knee pain?



Knee pain is caused by some activities like stairs, squatting, ground level sitting or standing for more than 20 minutes. If you are doing any wrong exercise then that can also cause knee pain. I saw people using stairs as exercises. It can cause pain in the knee joint. Stairs put lots of pressure on the knee joint. It is good to use stairs but avoid it if you are above average body weight or knee pain patients.

Same is true for people running on hard surfaces or jogging on the road. It puts lots of stress on the knee joint and it can cause cartilage damage also.

Someone told me it is good to use stairs then lift for the body?



Using stairs is ok if you do not have knee pain. But if you are having excessive knee pain then using stairs can harm your knee.

It can damage knee cartilage specially patella cartilage and you can feel pain using stairs or when you try to get up from sitting position. So if you are a person with knee pain already then you should avoid using stairs. If you do not have knee pain at present then you can use stairs but do not use it excessively. Using stairs can make your knees painful, remember that.

I am hearing a clicking sound in my knee joint?

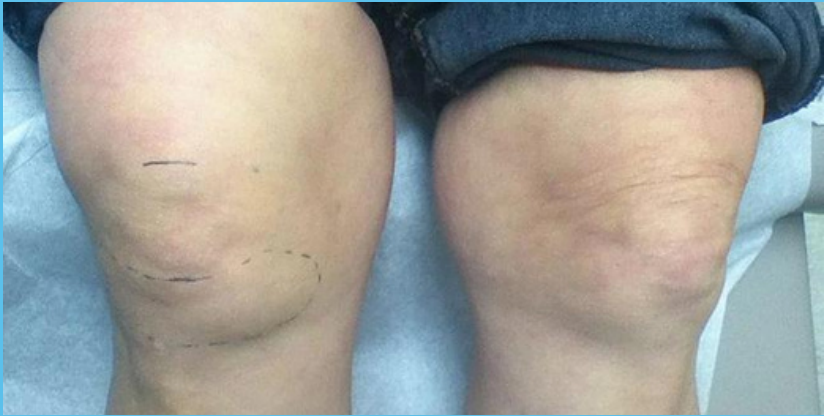


Clicking sound from the knee joint is not a disease. It is seen very commonly and most of the time it is completely harmless. I saw people coming into my clinic with panic and telling me, Doctor , I have a clicking sound in my knee as if something is rubbing in my bones. I am freaking out. Please help me.

Knee sound is not a problem. Just make sure that it is not hurting, or painful. If it is causing pain then we need to see x rays and check if any loose body is present in the knee or not.

If there is only sound and there is no pain then forget it.

I have had swelling in my knee for many days? Should I be worried?



Knee has some amount of fluid inside. It is needed for nutrition and lubrication of the knee joint. Sometimes the body starts making lots of fluid. This condition is called knee effusion and it can be due to many causes. Most common causes are injury to the knee joint, infection, increased uric acid in the body or arthritis.

When you go to the doctor your doctor might advise you to get some blood tests and MRI done. Most common blood tests are.

CBC, CRP, ESR and Uric acid, RA factor and Anti CCP antibody

My doctor is asking me to remove knee swelling by needle aspiration. Is that right ?



If you have an excess amount of knee fluid and you are not able to bend your knee and feel excessive pressure due to tight knees your dr is right to suggest knee fluid removal by needle. But this procedure should be done by a specialist and under full sterile precaution. By sterile precaution I mean your dr should use sterile gloves and needles. He can also put some local anesthetic agent inside the knee joint for pain relief. Some patients become very anxious when fluid is removed from the knee joint thinking there will not be any fluid left for lubrication. But it is not so. Soon your body will make this fluid again. So do not be afraid of fluid removal from the knee joint.

I have pain in my knee joint ? But I am only 20 years old ? How is it possible?



Knee pain at a young age is very common. It is due to a cartilage problem. Mainly kneecap cartilage becomes soft with excessive exercises or use of stairs and it causes pain at a young age. This is called chondromalacia patella and it is not a serious issue. If you stop doing excessive exercises and sitting on the floor or ground level, then within a few months your knee will become completely normal. This is not the same pain that is seen in older people. Chondromalacia is a problem for young people only.

My dr is saying I have knee arthritis ? What does it mean?



Knee arthritis is due to damage to knee cartilage , it is an age related problem and it can occur from 40 to 70 years of age. It is a progressive problem and can not be completely cured . We can slow its progression by giving nutritional supplements and lifestyle modifications.

I want to start running for weight reduction but it is hurting my knee ?



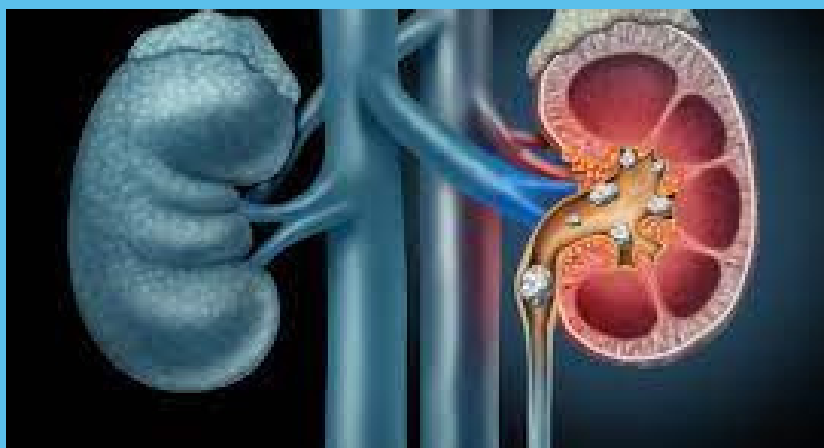
Running is a weight bearing exercise and it can cause knee pain. You should be very cautious when using running for weight reduction. Running should be done on a soft surface only like grass or sand or treadmill. Running on a hard surface can damage knee cartilage . So do not run on roads or tiles or roofs. If you are using a treadmill make sure not to keep it inclined.

How much calcium and Vitamin D I should take for knee strength ?



We need 10 mg calcium daily. If you are a menopausal female or above 50 year old it is better to take calcium regularly. 1 Gram calcium citrate malate is good for you. You should also take 60000 units of vitamin D3 every week for six weeks. Remember if you have taken 6 doses of vitamin D then give some break and then again you can start taking vitamin D3 for six weeks. Vitamin D can deposit it in the body so do not take it continuously.

I have a stone in my kidney? Can I take vitamin D ?



Yes. There is no problem even if you have stone in kidney or gall bladder. 1 gram calcium is good for you . I repeat it again. If you are above 50 or post menopausal female then taking regular calcium is helpful.

My doctor is suggesting hyaluronic injection for the knee joint?



Hyaluronic acid is a viscous fluid which has the same consistency like joint fluid. It helps in knee movement and it provides mobility in joints. It is good if you are having knee pain but you are not having a very late stage of arthritis. Unfortunately it is not very effective. I have seen many people feeling no benefit after this injection So I do not use it in my practice. Injection is very costly also , So make sure that your joint arthritis is in a very early stage.

My doctor is suggesting a knee cap or brace for knee pain?



Knee brace or knee cap can be used if you are having knee pain and not able to do your routine activities. It is to support your knee . There are different kinds of knee caps available and I usually ask my patient to choose in which they feel most comfortable. You should use a knee cap in day time and not during sleeping.

I am having knee arthritis and my dr is suggesting me HTO?



HTO full form is high tibial osteotomy. It is done for a change in knee alignment . It is done when a patient has knee arthritis only in half part of the knee and the rest of the knee is normal. It is a joint preserving surgery and you can get good pain relief after this surgery. You need to use a walker for 4 to 6 weeks and after that you can resume all your routine activities. You can use stairs and start jogging or running also after HTO. There is no restriction in sitting on the ground or Indian toilet use so it is good for those who want to be active even after knee arthritis.

Can I do HTO when I am above 60 also?



HTO can be done at any age but it should be done when your knee is having arthritis in one side of the knee.

It should be checked by the knee. If your MRI report is saying that you have tri compartmental knee arthritis then knee replacement is a better option.

How much is the life of a Knee replacement ?



Knee replacement is a very successful surgery. Most of the time results are good and surgery lasts for 10 to 15 years . Life of surgery depends on many factors like weight of the patient , his bone quality , his or her lifestyle. It also depends on the type of the implant and expertise of the dr.

What are the various good implants for knee replacement in india?



Knee replacement implants are mainly imported from outside india. Johnson and Johnson, smith and nephew , Zimmer are three well known companies for knee replacement implants. You can discuss with your dr and accordingly you can choose the best company for yourself.

i have knee pain ? Does physiotherapy help ?



Yes physiotherapy will help in knee pain. It can be helpful by two means. First by improving muscle strength and other by heat application. Which improves blood flow and helps in alleviating pain. Sometimes patients start doing excessive exercises which can increase the pain also. So there should always be a healthy balance of exercises and rest.

I want to do half knee replacement ? What is it ?



Half knee replacement is done when half of the knee has arthritis and the rest of the half is normal. It is also called unicondylar knee replacement . It can be done when you have all the knee ligament normal. So it should be done in a limited number of patients only. Unicondylar knee has a very limited life span and you might need to change it to complete knee replacement in due course. Advantage of uni knee is that it is very good in terms of stimulating normal knee function. You can sit on the floor and do jogging also.

I have knee pain in my knee at the age of 24. Will I need knee replacement too ?



Not at all. Knee replacement is done only when you have knee arthritis and not when you have knee pain. Knee pain at younger age is due to excessive use of stairs and knee bending. It is also common in females as they have excessive lax ligaments. It is called chondromalacia and this condition improves with time if we do small lifestyle modifications like avoid using stairs or using indian style toilets. Excessive squats and lunges can also cause knee pain and should be avoided.

I have pain in my knee due to patella dislocation ? Do I need surgery ?



Patella or kneecap dislocation can cause severe pain in the knee joint. Unusually it happens due to trauma or injury. You feel pain and immediate relief when patella comes back into its place. If there is only a single episode of patella dislocation it can be treated with rehabilitation. But if patella get dislocated multiple times then you need to get an MRI scan of the knee joint done to see what is the cause of patella dislocation.

What is knee synovitis ?



Synovitis is the cause of knee pain in many cases. It is due to swelling in the covering of the knee or knee capsule. Synovitis can be diagnosed with help of blood test and MRI. Sometimes there is a need for synovial biopsy for this test. In this test with the help of arthroscopy we take out small tissue from the knee joint and we send it for check up.

I have repeated knee swelling in the knee ? Why is it so?



Normally everyone has some amount of fluid in the knee joint. It is good for lubrication.

But when this mechanism becomes overactive then this fluid becomes in excess. Repeated knee effusion or fluid collection is a troublesome problem but not serious.

Patient has to remove his fluid from the knee joint multiple times as it gets recollected and

then the patient feels problems in knee bending and other functions. We can remove

fluid from the knee joint with the help of a needle and we can control this problem with the help of medicines . It is difficult to treat it permanently.

When I sit for a long time do I feel knee stiffness ? Why is it so ?



Knee stiffness can be due to many issues like arthritis or infection or due to knee injury. If you are above 35 and when you sit for a long time you feel knee stiffness then you might be starting signs of early cartilage damage. If this stiffness is lasting for more than 30 minutes you need to check your blood for rheumatoid arthritis. If it is less than a few minutes and then you feel normal then it can be cured with exercises and supplements.

What are some good supplements for knee pain?



Most often knee pain can be treated with hot water fomentation and lifestyle modifications. If you want to take supplementation for knee cartilage I would suggest calcium citrate malate and rosiflex as good products. I do not recommend glucosamine and chondritin or collagen as it has not shown any improvement in my practice

**I have done knee surgery and after that
I am not able to bend my knee ?**



Knee surgery can make your knee stiff and bending can be a tough task after that. You need to start knee bending early as soon as your dr permits. Some people use a massage like oil or ghee or milk of sheeps for it. It can do more harm. Never massage your knee . it can damage muscles so never do it.

Should I go for physiotherapy if my knee is not bending ?



Physiotherapy is good for knee bending but you should be careful as sometimes you can overdo it. Do not allow any massage or rubbing on the knee joint. You can apply ice. Sometimes physiotherapists apply too much pressure and then it can be harmful . Always check with your dr before using force in exercises.

What is a CPM machine and is it useful?



CPM machine is used for help in knee bending . it is good in initial time but not much use when knee is very stiff. So it is good if you have stiffness in knee in early few months, It does not work after 2 months. If your knee is bending more then 90 degree then CPM will not work.

can I have a steroid injection in my knee joint?



Steroid injection is used for knee synovitis. It is very effective if it is used properly. If you have very pain ful knee and your dr is suggesting steroid injection then you can have it. It should be given by expert dr and not any compunder or nursing staff. It should be done uder sterile precaution and with a fresh needle. Diabetes patients should take extra precation as sugar tend to rise after steroid injection.

Can a diabetic person have steroid injection?



A diabetic person should be very careful. He can have steroid injection only if there is well controlled sugar < your blood sugar might increase temporarily after injection. If you decide to have an injection it is better to have antibiotics for a few days to prevent any infection.

My dr is suggesting a lubrication injection? What is that ?



Lubrication injection can be given when you have early arthritis. It is made up of sodium hyaluronic acid and it works very well. But it is not permanent and you might need multiple injections. It is very costly and so I use it very selectively.

Does steroid injection in the knee joint can cause any harm?



If you take one or two steroid injections then it does not cause any harm and you can safely use it. But do not make it a habit. Also there should be a gap of more than 3 months in between two injections.

**My dr is suggesting I wear a knee cap ?
Is it beneficial ?**



Knee cap is useful in early cases of knee pain. Patients should use it according to its size . knee cap should be used during walking or standing and at time of sleeping or sitting you can remove it.

Do not use very tight knee caps as it can cause knee swelling or discomfort. Knee cap is not useful in young people as they can cause knee muscle weakness.

Can I cure knee pain with exercises?



Exercise can cause improvement in muscle strength. So if you are having knee pain due to weak muscles then it can be treated with knee exercises. But some time doing over exercise can increase your knee pain. So you should be very careful when you are doing exercises. Do not do very heavy exercises if you have knee pain?

Can yoga help me in knee pain?



Yoga is very good for whole body so you can do yoga for knee also. But if you are having knee pain then I would suggest you to avoid yoga especially sitting on floor or extreme level of knee bending. Also you should do it under proper guidance. Do not force your self. No need to push your self above the limit of your body.

I have multiple locking episodes in my knee joint ?



Locking can be due to loose bodies in the knee joint. Loose bodies are stones which are formed in knee joint. These are just like kidney stones. If you are having multiple locking episodes then you need to remove these loose bodies from the joint.

What is the best test for a knee ? x rays or MRI?



Knee x-ray is good for a first time checkup. If you have any injury or knee pain get knee x ray done, If possible you need to check your knee in standing position. This will give us more information. MRI is done when bones are normal and we are suspecting ligament or cartilage injury.

Why is the MRI price of the knee different?



Knee MRI is an advanced test and it gives almost complete information about knee pain. MRI can be of different quality and the best MRI is 3 tesla MRI. it is not available at all places. So if you do not have 3 tesla MRI in your city try to find it in a nearby city. It will give complete information. Do not get cheap quality MRI as it can miss minor details.

**My age is above 50 and I have
meniscus tear ? do i need surgery ?**



Meniscus tear does not cause any problem above 50. If you are having knee pain it is due to knee arthritis and in that case meniscus surgery does not work well. You need to focus on weight reduction, knee cap and hot water fomentation.

What type of sikayee (fomentation) is good for knee ? hot or cold?



Cold is good when pain is due to injury. So if you have an injury due to fall or twisting then ice application is good. Avoid putting in warm water in such cases. Warm water when pain is more than 2 months old. In fracture and ligament injuries and in patients after surgery only ice is allowed.

When a small kid is injured and has knee pain what should we do or do not?



We'll always remember the rice formula. So R is for rest, and then I is for ice. C is for compression bandage and E is for elevation so keep your leg over a pillow. Bandage should not be very tight and just give support. You should not use warm water and massage or any ointment. Try to get an expert opinion as soon as possible.

**Can we ask a bone setter for a massage
if i have moch?**



Bone setters may cause more harm so i
would not recommend it. Do not
massage or apply undue rubbing.

Always go to expert dr and get x rays or
MRI as per recommendation.

Remember a bad treatment is far worse
then no treatment at all.

People say I can not sit on floor after knee replacement ?



Knee replacement is very advanced surgery and you can do all your activities after that. Sitting on the floor is allowed also but it causes more pressure on the knee . So I would recommend that my patients not sit on the floor for long time. But in case of emergency you can sit on floor.

What is a high flex knee?



High flex knee is an advanced knee joint implant which allows more knee movement than a traditional knee implant. But in practical it is not shown any better results. You can go for high flex knee after discussion with your dr.

What is knee implant made of ?



Knee implant is of two type. One is titanium and other is cobalt chrome. Both are good for body and most of the time shows very good results. These materials are also MRI compatible and so you can do MRI of other body parts.

What is Gold knee ?



This implant is polished with zirconium and its color looks like gold.

I do not use it in my practice . It is recommended if a patient is allergic to cobalt chrome or titanium.

What is robotic knee transplant?



Since advancement of technology, robotic knee transplant and computer navigation has come in to picture.

Computer is good in case we are dealing with knee replacement where bones are not improper alignment or need complex procedure . In normal cases robot and computers are not much benefit.

What if my knee transplant fails?



Knee transplant is usually a successful surgery and most of the time it works good for patients. Sometimes it fails due to either weak bones or falling /injury. In such cases we can do revision knee transplants. So no need to be scared of knee transplant failure. Knee revision surgery is as successful as primary knee procedure.

Can every orthopedic surgeon do a knee transplant ?



Yes, any orthopedic surgeon in India is allowed to do knee replacement surgery but it is always better to choose a specialist who is routinely doing such procedures. There are many specialist surgeons for knee replacement. You can find them by google research,

How long physiotherapy is needed after knee replacement ?



Most of the time there is no need to do any physiotherapy and walking daily for a few km and using stairs for daily work is more than enough. If you are feeling then you are not able to do such activities then you take help of physiotherapist. Sometimes when knee bending is an issue then also a physio session can be helpful.

I have a fracture in my knee and a plate was applied in my bone? Can I get a knee transplant too?



Yes we can do knee replacement when there is some plate or rod inside. You need to check with your doctor or contact us for more details.

How long do we need to take bed rest after knee replacement surgery ?



There is no bed rest needed after knee replacement and you can walk from the very next day. You can go to the toilet on your own. Some people delay surgery saying there is no one at home for their care but you can do knee replacement alone. And there is no need for any assistance.

Can I do both side knee replacements at a single stage?



Yes you can do both side knee replacement at one stage but it should be done with your dr's advice.

Sometimes a patient is above 55 years of age and especially if the patient also has heart disease or blood pressure or diabetes it is always good to do it one by one .

If I want to do knee replacement surgery one by one , what should be the ideal gap between two surgeries?



I would suggest waiting at least two weeks between two surgeries. During this time the patient will recover well and then it is safe for knee replacement on the other knee .

How costly is knee replacement?



Knee replacement is not very costly and most of the time you can do it in less than 1.50 lakh on one side.

Sometimes even less. Cost price depends upon type of dr and hospital.

A senior surgeon or a big corporate hospital may charge more depending on facilities and experience. If your age is more than 60 then charges may be different .

How long do we need to take medication after knee replacement ?



Patients need to get admitted one day before surgery to get blood investigation done and also we check blood pressure and normal heart check up to make sure there is no problem during surgery . Patient discharge after 3 days of surgery and medication needed for two weeks .

How many times do I need to visit dr after knee replacement surgery ?



Most of the time after surgery there is no visit needed and you just need to remove your stitches that can be done by trained nursing staff . You can also visit an orthopedic surgeon for this .

**I do not have any physiotherapist in
my district ?**



Physiotherapists are not a must for knee replacement and we can offer you online help also . So even if you do not have a physiotherapist then also you can get knee replacement done .

My dr is saying I need to make my bone stronger for knee pain problems ?



You can take vitamin D and calcium for making bones stronger . Also there is advanced medication such as teriparatide injections . This is like a hormone like insulin and patients can take this by themselves . This is also indicated after knee replacement surgery and patients can take teriparatide injection for two to three months . You can discuss it with your dr

What is the percentage of success of knee replacement?



Knee replacement is usually 100 % successful surgery and most patients are happy after knee replacement surgery . In fact it is one of the most successful surgeries after cardiac bypass. But patient selection is more important , and so make sure that you fit in knee replacement criteria .

I have a knee problem and I am 35 years old.



Knee arthritis due to injury can occur at a very early age and you may need to plan knee replacement at a very early age . In rheumatoid arthritis also you need to plan for knee replacement surgery at much early age . Do not worry there is no minimum age and if the knee is in very bad condition there is no point in suffering and you should go for knee replacement.

**I have had a stiff knee for many years .
Can I do knee replacement?**



Yes if you do not have any infection in that case knee replacement can give you good movements . In such cases you need to discuss with your expert dr and if he thinks you are a good candidate for knee replacement then go for it .

**I have a bent knee ? Will my knee be
straightened after knee replacement?**



Knee deformity will improve after knee replacement and your knee will become normal after knee surgery . It will improve your gait. if you have bend knee that also become straight after knee replacement surgery.

How painful is knee replacement surgery ?



Knee replacement is not painful and we take special care in knee replacement pain control . Patient can walk from the next day and epidural anesthesia is given so the patient is not in any painful condition. If you are sensitive to pain you should ask your dr before surgery . You can also have a femoral block or patch for better pain control.

What are common knee replacement complications ?



Usually if a patient is selected properly and your dr is well experienced there is no complication after Knee replacement. Infection is the most common complication which is seen more commonly with diabetic patients . If you have good control of sugar then chances are very less .

I have knee pain due to high Uric acid ?



Knee pain due to high uric acid can occur . It is called Gout and you need to make sure there is no sudden change in uric acid level in blood. There are few medications like Fabuxostat and Zyloric which are given for keeping uric acid level normal. You should avoid taking a high protein diet like red meat or alcohol .

I have started running for my physical examination . My knee is hurting ?



Running on the wrong surface like road or tiles can cause knee pain . Also if you do not have stamina or practice then also knee pain can occur . You need to run on a soft surface like treadmill or grass or sand . If there is severe pain then it is called runner's knee or shin splints and it may need to rest if you have such pain .

What will happen if I ignore shin splints and continue to run after taking pain killers ?



Shin splints or runner knee is a warning signal and if you ignore this then you can have a stress fracture . Stress fracture can be diagnosed with MRI. Stress fracture is a serious issue and needs bed rest for a few months .

Why Is it painful when I sit on the floor for dinner ?



Sitting cross leg or on the floor can cause knee pain in some people . Knee bending puts lots of stress on the knee and I would suggest you to avoid sitting on the floor or cross leg if you want to keep your knee healthy . Sit on the floor only in an emergency.

I am using skipping for weight reduction but it is hurting my knee ?



Skipping or jumping on a hard surface can cause knee pain . So you should use only a soft surface for jumping . If you are overweight cycling and swimming are much safer exercises for bed knee people.

Should I not stand for long hours if I have knee pain?



If you stand for more than 20 minutes then you have knee pain . This is because prolonged standing puts stress on the knee joint . You can do your work in small stages . You need to take a rest after twenty minutes. So you will not feel any pain and also you will feel much better .

Should I stop walking if I have knee arthritis ?



No, you can easily walk . There is no need to stop walking . One to two km walking is allowed but do not do brisk walking . Remember brisk walking can cause knee pain . So gentle walking is good. Also you should walk on grass or sand or treadmill but not on hard surface like road or tiles or roof.

important videos

Why did my knee hurt at such a young age ?

कम उम्र में घुटने में दर्द क्यों (young age #knee-pain).

#ChondromalaciaPatella का complete treatment

Why there is knee swelling ?

Swelling, edema, effusion in Knee joint (Hindi)_घुटने

में पानी भरना ,सूजन का इलाज knee pain #ACL

How to make bone stronger ?

Everything about Vitamin D , calcium weak bones

osteoporosis (हड्डियों को मजबूत कैसे बनाये).

How to treat knee pain at home?

घुटने में दर्द को कैसे पहचाने और ठीक करे / #kneepain

#swelling #arthrtis #chondromalacia

Why is there a sound coming from my knee ?

#ACL surgery ke baad #clickingsound from #knee

ka treatment (घुटने में कट कट की आवाज cracking sound

How to read my knee MRI?

घुटने की m.r.i. को घर पर कैसे समझें आसान भाषा में हिंदी में/ghar

par mri kaise padhe/

What is knee replacement?

घुटने बदलने की सारी जानकारी हिंदी में पहली बार /best &

complete information knee replacement

Can I get a knee injection?

घुटने में इंजेक्शन लगवाए या नहीं / क्या सही क्या गलत (complete

information about knee injection).

Which company is best for knee replacement ?

which implant company is best for knee

replacement #TKR #jointreplacement #goldknee