# Knee Pain

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**Knee Pain** is a symptom, which may occur either on one side or on both sides of the knee, and includes stabbing, burning and contracting pain, and sometimes pain with stiffness. And the motions of the knee could be restricted, which affected driving, working, and daily living. It could aggravate on rainy days, cold weather, by stand, walking, left things heavy. The pain is alleviated by warm weather, bed rest. The changes of knee joint could be diagnosed by medical exam, such as x-ray, MRI, cat-scan (CT).

**Diseases in Western Medicine**

- Gonarthrosis
- Knee arthritis
- Degeneration of the meniscus
- Synovitis of knee
- Bursitis of knee
- Osteoarthritis of knee
- Osteochondral fracture of knee
- Gonarthromeningitis
- Effusion of knee joint
- Deformity of knee
- Tuberculosis of knee joint
- Bacterial infection of knee joint
- Internal derangement of knee joint
- Sprain of knee joint
- Ligamentous injury of knee joint
- Injury of knee joint
- Traumatic arthritis of knee joint
- Traumatic synovitis of knee joint
- Dislocation of knee joint
- Injury of the soft tissues of the knee joint
- Knee joint polypus forceps
- Gonatagra
- Fat-pad injury of knee
- Patellar clonus (knee spasm)

**A. TCM:**

- Over walking
- Invasion of the external pathogenic factors

- Stagnation of Qi & Blood
- Overstrain
- Physic trauma / inappropriate surgery

**Treatment:**

**Acupuncture is very effective for varied knee pain.**

Generally, Patients would gain treatment result very fast from acupuncture treatment; a lot of patients would feel much better after few times acupuncture treatments. The patients would choose twice a week visiting for first three week then follow up visit once a week, and most of them could cure about 10 – 20 times acupuncture clinical visits.