

# EDITORIAL

## KNEE PAINS

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People suffer from various types of pain disorders. One of the frequent complaints among older people is knee pain. Pain is one of the common reasons people visit their doctors frequently or visit the emergency room regularly.

The usual cause of knee problems leading younger people to search for a doctor is injury or injuries. Sudden (acute) injuries may be caused by a direct blow to the knee or from abnormal twisting, bending the knee, or falling on the knee. Pain, bruising, or swelling may be severe and develop within minutes of the injury. Nerves or blood vessels may be pinched or damaged during the injury.

Knee problems and injuries most often occur during sports or recreational activities, work-related incidents, or home based activities. The knee is the largest joint in the body. The upper and lower bones of the knee are separated by two discs (menisci). The upper leg bone (femur) and the lower leg bones (tibia and fibula) are connected by ligaments, tendons, and muscles. The surface of the bones inside the knee joint is covered by cartilage, which absorbs shock and provides a smooth, gliding surface for joint movement.

Although injuries may be the common cause of knee problems in most young people, some of them may have causes other than direct blow or injuries. Some people are more likely to develop knee problems than others. People over 45 are more prone to age related knee pains. No matter what the cause may be, no matter whatever the age of the person may be, one or more of the structures around the knee (s) are affected during a pain episode giving rise to constant or intermittent pain making daily activities difficult.

According to a survey released by CDC (The Centers for Disease control and prevention), released in 2007, one in three Americans older than age 45 reported some type of knee pain. Over 13 million Americans suffer daily with a

debilitating pain disorder that affects their quality of life. They are in constant pain, and the disorder may eventually lead to bone loss and deformation.

### **Some common causes of knee pains include:**

1. A blow to the knee, either from an injury arising from sports related activities, an automobile accident or a fall of any kind
2. Sudden turning, pivoting, stopping, cutting from side to side, which happens frequently during certain sports like tennis, football, etc.
3. Awkward landings from a fall or from jumping during sports, such as basketball
4. Repeated stress or overuse of any joint, which may occur from sports, work related issues like moving one joint continuously for hours without a break, a hobby requiring doing the same activity over and over again
5. Rapidly growing bones in young people are prone to injury during sports
6. Degenerative bone diseases especially in older people.
7. Congenital bone disorders
8. Mal-absorption disorders causing weak bones, ligaments, joints and lack of flexibility of joints and muscles

A number of factors can increase one's risk of having knee problems, including::

- a. Excess weight.
- b. Excessive wear and tear or overuse
3. Abnormal strength of knee muscles
4. Lack of neuromuscular control
5. Structural abnormalities
6. Taking part in high risk sports activities
7. Old injuries
8. Age
9. Gender

#### **NAET® and Knee Pains**

Allergies, sensitivities and intolerances can play a large role in any pain in the body. Knee pains are not excluded. Pain not arising as a direct result of an injury may have some involvement with food, chemical or environmental sensitivities.

The most common risk factors may be related to sensitivities and allergies. When the food is not digested,

and the essential nutrients from the food are not absorbed or assimilated in the system appropriately, one may see these aftereffects on such people: excess weight, excessive wear and tear of the joints, abnormal muscle strengths and weaknesses of the muscles, neuromuscular imbalances, arthritis, and other deficiency disorders such as osteoporosis, etc. During pregnancy if the expecting mother is not well nourished or unable to digest, absorb and assimilate nutrients properly the child may be born with congenital anomalies. If people were taught to detect their sensitivities to the items before they contact or consume, most of the above risk factors could be eliminated. When one maintains adequate nutrients in the body, people tend to eat less, utilize the essential nutrients distributed evenly and properly in the body, avoiding overweight problems. When the bones are fed appropriately osteoporosis does not happen. When the sensitivities are removed arthritic pains may diminish naturally. Both, detecting the sensitivities and elimination of sensitivities are possible through NAET® testing and treatment procedures. More information on NAET® can be found visiting on the following websites:

NAET Website: <http://naet.com>

NAET <http://narfnat.org>

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