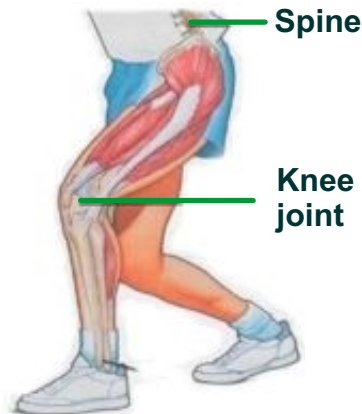


# *Alderete Chiropractic*

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## What Can Cause Knee Problems

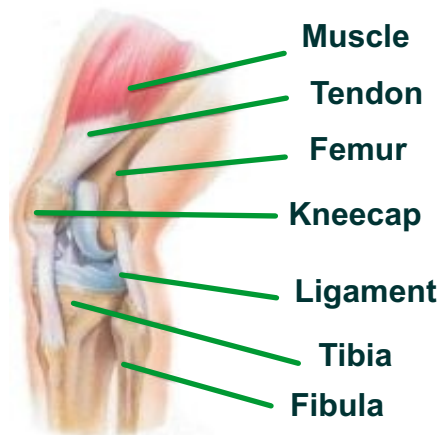
The **knee** is a complex joint where the upper leg bone (femur) and the lower leg bone (tibia) meet. The kneecap protects the joint. Repeated strain on the joint, an injury, poor posture, or a misaligned joint in the foot, ankle, or spine can damage the tissue in the knee. This leads to swelling, stiffness, pain, and sometimes locking or "giving way."



### A Healthy Knee

**Ligaments** connect the bones and help brace the joint by limiting forward and sideways motion and rotation.

**Muscles**, connected to the bones by **tendons**, provide strength for movement.



### An Injured Knee

Long-term wear, overuse, or a sudden injury, such as twisting your knee, can cause the muscles or tendons to over-stretch (**strain**) or the ligaments to tear (**sprain**). The bones may twist, causing a **misaligned joint**.

