

# HEALTH TIP



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## Swollen Knee? What it Could Be...

There are several reasons your knees may swell – from the minor to the major. Here are some causes to consider and have evaluated by a doctor:

**Torn Ligament** – ACL tears, for example, are a common cause of knee swelling.

**Knee Arthritis** – This condition inflames the knee joint, which can make it painfully swollen.

**Gout** – A form of arthritis, gout can cause swelling when high levels of a certain acid build up in the knee joint.

**Bursitis** – Inflamed bursae can cause knee swelling due to friction and pressure on the knee joint over time.

**Synovial Cysts** – A fluid-filled lump, or cyst, can develop on the back of the knee if the joint has become damaged.



@mandelbaummd



@DrBertMandelbaum



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