

## **Painful Knees? Popping Noises & Cracking Sounds in Your Knees? - Braces to the Rescue**

*Do you have painful knees? Do you have popping noises & cracking sounds in your knees? Only someone who is suffering from painful knees would know how excruciating the pain can be. It is impossible to explain the intensity of the pain.*

**Nov. 9, 2009** - [PRLog](#) -- Do you have painful knees?

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Knee Braces To the Rescue!

Only someone who is suffering from painful knees would know how excruciating the pain can be. It is impossible to explain the intensity of the pain to someone who has not experienced it.

While knee pain can be attributed to several different factors, the presence of popping and cracking sounds is usually an indication of some specific type of knee injury.

What Causes Popping Sounds in Knees?

An injury to the anterior cruciate ligament (ACL) is one of the most common causes of popping sound in knee accompanied by pain. When a ligament tears, it can produce the popping sound that you hear.

What Causes Cracking Sounds in Knees?

There is a thin layer of cartilage between the between the two bones that join at the knee. This cartilage facilitates the smooth and painless movement of the knee. With the onset of arthritis however, the cartilage gets worn away causing the bones to grind against each other causing the cracking sounds and the intense pain.

Exploring Your Treating Options

Wearing away of knee cartilage is considered degenerative and irreversible but this by no way means that you should not seek any remedial course of action. While you may not be able to reverse the damage done, you can take measures to reduce the pain and help prevent further injury. In a worse case scenario, damaged knee cartilage can render you immobile.

If you hear popping and cracking noises in knees, which are accompanied by intense pain, your immediate recourse is to try and alleviate the pain and support the knees. One of the best ways to do this is by wearing knee braces. A knee brace is a device that slips on over your leg and wraps snugly around your knee, giving it the stability and support that is so crucial if you have a meniscus tear or an MCL or ACL tear.

In many ways, wearing a knee brace is a far better option than surgery for managing painful knees. Hey, lets face it, sometimes surgery is unavoidable and it can be helpful, but who wants to rush into it?

Contrary to popular misconception, surgery cannot restore the cartilage in the knees and is very rarely carried out with that intention. When surgery is recommended, it is only to address other associated issues that need to be dealt with. Usually, surgery is best avoided as you could run the risk of exacerbating the pain if the surgery did not go as planned.

While wearing a knee brace will also not restore your knee cartilage, it will help you to maintain a proper alignment. This helps to reduce the pain significantly and helps to allow you to walk around and regain some of your independence.

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If you would like to take your knee stability & protection to the next level, while helping to reduce your knee pain, then visit us online at <http://www.drbraceco.com> - We have affordably priced knee support that can help!

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DR. Brace Company was created to offer people superior levels of support, at below retail costs. Knee braces can help with improved stability, protection, and can also help with pain reduction as well.

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