

Meta description: Knee pain is one of the many changes undergone by your body during pregnancy. But, there might some other reasons for knee pain. This article will reveal you those reasons.

Pregnancy and knee pain, how is it related? | Should I be worried?



Many changes occur in your body during pregnancy. Knee pain is one of those changes your body experience during and after the pregnancy. Although, knee pain is usually normal as your body puts up extra weight that implies pressure on your joints, causing pain. However, there are many other reasons that can cause knee pain during pregnancy. The matter gets worse when your pain turns from mild to irritating and debilitating.

Let's first discuss some primary reasons that can cause knee pain during pregnancy:

Primary Reasons Why Your Knees Ache during Pregnancy

1. Hormonal Changes

One of the key reasons that cause sore knees is hormonal changes, taking place during early pregnancy. As you proceed to your third trimester, these changes increase because hormones are now released to loosen up tendons and pelvic ligaments in the preparation of childbirth. Moreover, they also trigger looseness in other tendons and ligaments that include around your knees. Thus, knee cramps are caused during pregnancy as the kneecap might not accurately track right.

2. Excessive Weight

Excessive weight is the one of the most common reasons that majorly contributes to the knee pain. During the nine month duration of your pregnancy, you will continue putting up weight which exert strain or pressure on joints, uterus and ligaments. This leads to the start

Meta description: Knee pain is one of the many changes undergone by your body during pregnancy. But, there might some other reasons for knee pain. This article will reveal you those reasons.

of knee pain during initial pregnancy and the first trimester. Especially, if it's your first child, your body won't be used to support the extra weight and that can aggravate your knee problems.

3. Pressure On Veins

Just like your pregnancy cause pressure on your joints and ligaments, it also cause strain on the veins in your knees and legs. Hence, your knee aches.

4. Knee Injury

If you experience dull and persistent pain in your knees, it might be because of an injury in your ligaments and soft tissues instead of normal bodily changes. Injury like a fall or strain causes severe pain and may get intensified if your knee is stabbed by something sharp. Consult a doctor immediately in such a case.

5. Excess Walking, Standing or Workout

Knee pain can sometimes occur if you walk excessively, stand for a long time or exercise too much during the pregnancy. You'll develop pain because your knees will be forced to carry the weight for longer time. Besides, you should perform knee strengthening exercises after other exercises like squats because squats can weaken your knees.

6. Calcium Deficiency

Knee pain in pregnancy also take place due to the calcium deficiency in your bones.

Risks Associated with Knee Pain during Pregnancy

Mainly, there are two complications associated with knee pain during pregnancy which you should not ignore:

1. There is a risk of osteoarthritis if you suffer from knee pain during pregnancy. Osteoarthritis is a degenerative joint disease that takes place due to the wear and tear of cartilage around the knee. This disease will trigger severe pain, joint stiffness, and locking of knee joints.
2. As told earlier, excessive weight puts pressure on the knees that causes serious damage to the ligaments and protective cartilage around the joints. You may face difficulties while walking, running and bending even after your pregnancy if damage is left unchecked.

What To Do?

If your knee pain is due to an injury or even if you're not sure about the reason, it's better that you consult a [specialized orthopaedic surgeon](#) immediately.