

Can 'puncture' knee pants cause knee pain?

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Knee-piercing pants: Nice today, sketch tomorrow?

Recently, the leading experts in orthopedic and motor medicine have shown users an immeasurable effect of wearing pants in the knees of today's youth.



The pants are almost everywhere, from school, office work or outings, we all see it as a fashion trend without worrying about fad. But you don't know that these torn knee pants are the main cause of osteoarthritis, especially knee disease. As we know, the knee area which is the weakest place in the foot area is "exposed" to the sun and wind like that.

Maybe we will notice that it is obvious that when we wear torn pants under the rain or the sun or the hot sun, the weather temperature will directly affect the knee area, which can affect the joints. our pillow.

If you want your knees to be healthy and avoid osteoarthritis, we should base on the daily weather to choose for ourselves a warm or breathable enough for the body especially the knee joint. When weather or environmental conditions adversely affect the bones, cartilage and synovial fluid, it can easily be inflamed.



Once the knee produces early inflammatory symptoms, the synovial fluid in it will be born more. If not paying attention, will cause chronic knee inflammation, the disease will progressively increase, very serious.

Our pillow oil fluids often produce much during the operation and fight all weather in the body, if we constantly wear torn pants, the knee fluid may overflow, impact directly to Our cartilage area, thereby causing the risk of osteoarthritis quickly.



Experts say that if we take good care of our body and the knee area, they can work until you are 80 years old, but if you don't take good care of it, only 60 years old will stop your knee joints already broken and hard to work. Once sick, it also causes our bodies to ache, reducing the quality of life.

In addition to bone and joint problems, one thing we can easily see is that, when wearing garbage pants to join in traffic or going out, in case of misfortune, we will collide or fall. The torn knee layer cannot protect our legs

safely, causing the skin on the knee to be scratched or damaged when falling.



On the contrary, if we wear pants that cover the knee, when there are collisions, our knees will also be more protected, limiting the breakage or cracking of the kneecap, and other bone areas around it. .

The health of the bones and the knee area is extremely important, needing careful care. Before this warning, you can face the choice, either fashion, or health.

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