



# DİZ AĞRISI NEDENLERİ

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## GİRİŞ

Diz ağrısı klinikte çok sık karşılaşılan şikayetlerden biridir. Sırt ağrısından sonra ikinci en yaygın kas-iskelet sistemi şikayetidir. Diz ağrısı yetişkinlerin yaklaşık %25'ini etkiler ve prevalansı son 20 yılda yaklaşık %65 artmıştır. Bu da 1 yılda yaklaşık 4 milyon defa diz ağrısı nedeniyle birinci basamak sağlık hizmeti kuruluşuna başvuru anlamına gelir

Diz ağrısını kategorize etmek için sırasıyla; akut-kronik ağrı ayrımı, travmatik-nontravmatik ağrı ayrımı yapılmalı, ardından efüzyon olup olmadığı saptanmalı ve ağrının yeri belirlenmelidir.

## 1. Adım: Akut ve Kronik Ağrının Ayrımı

Çoğu kas-iskelet sistemi rahatsızlığı için, altı haftadan kısa süren ağrılar akut veya subakut olarak sınıflandırılırken, altı haftadan uzun süren ağrılar kronik olarak sınıflandırılır. Bununla birlikte, minör kas-iskelet sistemi rahatsızlıklarının çoğu, uygun aktivite değişikliği ile başlangıcından itibaren altı hafta içinde düzelir.

Akut diz ağrısı, doğrudan bir travma sonucu veya düzenli aktivite sonucu oluşan aşırı kullanıma bağlı oluşan yaralanmalar sonucu gelişebilir. Ya da trav-

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