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ABSTRACT

1. Many scientists stated that knee is the third most effected body part in human body and knee joint is the most useful part of the human. It normally bears the whole weight of the body and it reduces the heavy weight by bending and strengthen the muscles of human's body. In military, most of the knee damages reported due to training programmes or while conducting sports programmes. The knee injuries to officers of Army is one of the common problem, while they are working in various fields and various activities. Due to knee damages considerable amount of officer's face to doubtful career development in the organization. The most of the subjected personals are due to lack of awareness of the knee injuries losing their career. Many officers faced initial knee injuries while doing training or exercises in young ages. There are two types of knee injuries according to the medical terms such as traumatic injuries and overuse injuries. But the combination with the moral and motivation they forget their pain and continue with the duties and career courses. With these minor knee injuries they can work up to age of 30-35. Finally once they are matured in professions and experienced, they are losing their efficiency due to the unbearable knee pain. Due to this reason so many officers daily report to the Orthopedic Clinic in Army Base Hospital, Colombo. Once they reported, they can only realize the gravity of knee injury in young age. The knee injuries common to all people. Arthritis also one of the output of overuse of knee injuries. Most of the military personals after the age of 30 years feel with knee pain. Overuse injuries are much more common. These injuries are usually slow down the development but can still result in significant discomfort to the knee. The most common overuse syndrome seen in the military population is related to Patella cases. This is also known as runner's knee. It may be a tissue or a ligament issue. Since military depends on physical endurance and the good health of its members, due to lack of physical efficiency and combat effectiveness of the officers, it impact directly to the organization. Therefore knee injuries and related injuries to be reduced from the Army.