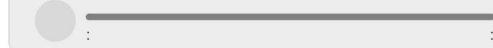


[< ALL POSTS](#)

Updated on November 4, 2025

5 Most Common Causes Of Joint Pain

Joint pain can stem from many causes—strain, arthritis, or inflammation. Learn about the five most common culprits and when to see an orthopaedic specialist at Summit Orthopaedics.

[Knee](#)[Elbow](#)[Hip](#)[Download Article PDF](#)

Like one massive and complex machine, our bodies require simultaneously functioning parts to function properly. Joint pain is like the grinding of non-lubricated metals, and feels as bad as it sounds. One moment you have full range of motion, the other you feel discomfort with the slightest of movements. These five common causes of joint pain can help pinpoint why you may be experiencing added aches and pains.

1. Strains and Sprains

As one of the most commonly experienced joint injuries, strains and sprains stem from physical stress within tissue, tendons or muscles from the joints. They often occur from overexertion from physical activity, or from applying unnatural stretching or stress to the surrounding tissue. To avoid these common injuries, apply proper stretching routines and general activity to keep muscles and ligaments limber.

2. Osteoarthritis

Usually occurring in adults to seniors, osteoarthritis is the most common form of arthritis affecting millions of people around the world. Gradually, cartilage at the end of your bones slowly deteriorates from constant use throughout an individual's lifetime, leading to harsh contact between bones and calcium deposits. This type of arthritis is most common in the hands, knees, spine and hips. If you notice more frequent pains in these areas, [consult a specialist near you](#).

3. Rheumatoid Arthritis

Rheumatoid arthritis occurs when the immune system malfunctions, mistakenly attacking the body's natural tissues. This causes chronic inflammatory disorder throughout joints. For more severe cases, it can even begin to attack other parts of the body.

4. Bursitis

Throughout the human body, little sacs of fluid called bursa sacs help reduce rubbing between tissues, bones, tendons, skin and muscles. Having bursitis means a bursa sac has become inflamed, leading to painful joint movement throughout the body. This typically only happens around major joints such as the shoulders, hips, knees and elbows.

5. Gout



One of the most painful joint issues, gout tends to occur in waves or attacks. One moment you might feel fine, while the next you'll endure severe pain and discomfort. Gout is known for causing swelling, redness and tenderness in joints due to buildups of crystalized uric acid deposits. Changes of diet and medication can help alleviate these pains.

For joint pain of any kind, consult a specialist to determine [what instance you may be experiencing](#). With over 100 different types of arthritis alone, determining your specific condition could prove more involved, making a specialist your best option to help resume normal daily functions.

Related FAQs



Need more information?

Our team is ready to answer your specific questions and concerns

CALL US

Related Posts



Updated: April 2, 2026

4 Non-Dairy Superfoods for Healthy Bones and Joints

Skip the dairy—keep your bones strong



Updated: March 31, 2026

Common Complications After Hip Surgery and How to Avoid Them

Summit Orthopaedics Idaho Falls explains



Updated: March 31, 2026

Is It Time for a Hip Replacement? 5 Signs to Watch

Chronic hip pain slowing you down? Learn



salmon, nuts, and edamame. Learn how to support bone and joint health naturally with Summit Orthopaedics Idaho Falls.

[Knee](#)

[Ankle](#)

surgery, from infection and blood clots to stiffness. Learn key recovery tips and when to call your doctor.

[Hip](#)

for a hip replacement, and find expert care in Idaho Falls.

[Hip](#)

