

## **Knee Pain? 12 Signs You Need to See a Doctor Immediately**

If your knee pain was caused by an injury (sports, fall, work, etc.) you should seek out medical attention if any of the following conditions exist:

- 1. You have a deformity of the joint**
  - a. Compare your knees to each other. If your painful knee appears misshapen compared to your healthy knee, you may have a bone fracture, or dislocated knee cap.
- 2. You have significant bruising and or swelling after the injury.**
  - a. The greater the swelling and bruising the more likely you have experienced a more serious injury.
- 3. You have difficulty walking after an injury.**
  - a. If your knee pain is causing you to limp or make you avoid walking, see a doctor. Intense pain can indicate a bone fracture, or torn muscle or ligament.
- 4. You have an inability for the knee to hold weight.**
  - a. When you stand up, does it feel as though the affected knee cannot hold your weight. If so, you should seek medical attention. This symptom can indicate several knee conditions, all of which could require medical care.
- 5. Knee Instability**
  - a. If you notice that your knee is unstable or feels like it will collapse, seek medical help. An unstable joint may indicate a ligament problem, which could become worse if you continue using your knee as usual.
- 6. You heard a popping noise at the time the knee was injured**
  - a. The popping sound could be a torn ligament or tendon.
- 7. Reduced Range of Motion**
  - a. When your knee becomes injured, it may swell internally. This swelling can reduce your knee's motion, making it difficult to straighten or bend your leg completely. An injury to the cartilage can also affect the motion of a knee.
- 8. Less Sensation in the Knee**
  - a. While many knee issues cause pain, lack of pain can also indicate a serious health concern. If you have leg or knee pain that does not increase when you press on the knee, your discomfort may be caused by sciatica or another non-knee condition.

**9. Long-Term Pain or Discomfort in your Knee**

- a. If your knee pain is chronic and ongoing, a doctor or physical therapist can help.

**10. Knee Pain That Affects Your Daily Activities**

- a. If your knee pain is ongoing and affecting your ability to perform daily activities, you should seek medical attention.

**11. Pain That Affects Sleep**

- a. Many patients with knee pain have trouble with sleep. If your knee pain is affecting your sleep, it is time to seek medical help.

**12. Redness or Swelling Around the Joint**

- a. Like deformity of your knee joint, changes in the shape and color of your knee can indicate serious problems. If you notice redness or swelling, touch the area to see if you feel any tenderness or warmth. These symptoms can be signs of infection. If you experience a high fever along with these symptoms seek out emergency medical care.

**13. High Intensity Knee Pain**

- a. Do not try to wait out knee pain. If you experience pain that is high intensity, or if you notice a sudden change in your symptoms for worse- seek medical attention.

If you notice a sudden change in your symptoms or experience symptoms of high intensity, schedule an evaluation with a knee expert, especially if you're an athlete.

If you experience extreme symptoms such as a high fever, seek emergency medical care immediately.