

HEALTH TIP



THE WIN WITHIN
VICTORIOUS

KNEE PAIN – When to See a Doc

Though achy knees on occasion may not be a significant cause for concern, there are some things to watch for when deciding whether or not your knee pain warrants evaluation by a physician:

- Fever, especially if accompanied by signs of infection like swelling, redness or pus
- Inability to bear weight on affected leg
- Inability fully extend/flex the injured knee
- Feeling instability in the affected knee, or that it might “give out” at any moment
- Pain that doesn’t subside or increases after the initial injury



@mandelbaummd



@DrBertMandelbaum



win-within.com