

Joint Pain Lower Extremity

Are You At Risk?



 **ORTHOPEDIC & SPINE
INSTITUTE**
AT AVENTURA HOSPITAL & MEDICAL CENTER

About 500,000 knee replacements and more than 175,000 hip replacements are performed annually, and those numbers are on the rise. In fact, hip replacements are expected to increase 174% in the next 20 years, and knee replacements will rise even more -- 673%, according to a study presented at the American Academy of Orthopedic Surgeons' 2006 annual meeting.

Read each question carefully. Circle "Yes" if you have any of the symptoms described. Circle "No" if you do not.

Yes or No

- | | |
|---|--------|
| Are your knees stiff especially in the morning? | Y
N |
| Do your knees hurt when going up or down stairs or when getting up from a chair? | Y
N |
| Do you have persistent groin pain? | Y
N |
| Are you unable to bend down and tie your shoes? | Y
N |
| Do you find yourself taking more aspirin or Motrin to help the pain? | Y
N |
| Do you find yourself not participating in the recreational activities you once enjoyed? | Y
N |

Remember

It is important to understand that lower extremity joint pain is a symptom of a medical condition, not a diagnosis itself. Medical problems that can cause lower extremity pain include the following: mechanical problems, injuries, acquired conditions and disease process. To find a physician that can properly diagnose and treat your lower extremity dysfunction please call our FREE Consult a Nurse[®] and physician referral line at 800.616.1927.

If you answered . . . YES to any of the 6 survey questions, you should discuss your symptoms with your physician or an orthopedic specialist.

If you answered . . . NO to all of the 6 survey questions keep this survey to refer back to every 6-12 months.

Joint Pain

The treatment of lower extremity pain depends entirely on the cause of the problem. Therefore, it is of utmost importance that you understand the cause of your symptoms before embarking on a treatment program. If you are unsure of your diagnosis, or the severity of your condition, you should seek medical advice before beginning any treatment.

- The knee is the largest joint in the body, and one of the most easily injured.
- The knee is a complex joint with many components, making it vulnerable to a variety of injuries.
- The most common cause of chronic hip pain and disability is arthritis. Osteoarthritis, rheumatoid arthritis, and traumatic arthritis are the most common forms of this disease.

Quick Facts



**ORTHOPEDIC & SPINE
INSTITUTE**
AT AVENTURA HOSPITAL & MEDICAL CENTER