4 Ways Your Care Team Evaluates Your Knee Pain

1 Symptoms
   • Tell your care team if you feel numb, weak, swollen, or warmth in your knee.
   • Tell your team what movements make the pain better or worse.

2 Medical History
   Your care team will ask you about any injuries, surgeries, or other medical conditions.

3 Exam
   • Your care team will do a physical exam to check for damage to your nerves, tendons, or bones.
   • Your team may order an X-ray to check you for arthritis.
   • MRIs* are usually not needed to assess knee pain.

4 Treatment plan
   • Most knee pain, whatever the cause, gets better with physical therapy (PT).
   • Treatments such as heat, ice, and anti-inflammatory medicine can help.
   • If you do not improve after a standard course of PT, your team will re-assess you.

*MRI means magnetic resonance imaging, which takes pictures of the inside of your body

When is an MRI Scan Most Helpful for Knee Pain?

• MRI means magnetic resonance imaging, which takes pictures of the inside of your body

• An MRI is not a standard test for finding the cause of knee pain.

• A complete exam that includes questions about your medical history is enough to diagnose and treat most knee pain.

• An MRI is best used when your doctor suspects a specific problem. That’s something other than the muscle strain that causes most knee pain.