

When to See an Orthopedist

Persistent Pain

If you're experiencing pain in your bones, joints, or muscles that don't improve after a few days of home treatment.

Limited Range of Motion

Difficulty with movements or a decreased range of motion, such as not being able to raise your arm or difficulty walking.

Joint Issues

Swelling, warmth, or redness around a joint, or if the joint feels unstable.

Injury

Any injury to the musculoskeletal system, such as fractures, dislocations, or severe sprains.

Difficulty Performing Daily Activities

Struggling with regular tasks like climbing stairs, lifting objects, or standing up from a seated position.

Deformity

An abnormal curvature of the spine (like scoliosis) or any other visible deformity in the musculoskeletal system.

Signs of Arthritis

Chronic joint pain, stiffness, swelling, or any other symptoms of arthritis.

Previous Treatment

If you've tried other treatments like physical therapy or medications and haven't seen improvement.

Recommendation

If another healthcare professional recommends you see an orthopedist for a specific concern.

Preventative Care

If you're an athlete or engage in physical activities regularly, you might see an orthopedist for advice on injury prevention.