



## When to See a Doctor

- Severe pain and cannot put any weight on the injured body part.
- Area over the injured joint or next to it is very tender when you touch it.
- Injured area looks crooked or has lumps and bumps (other than swelling) that you do not see on the uninjured joint.
- Cannot move the injured joint.
- Cannot walk more than four steps without feeling significant pain.
- Limb buckles or gives way when you try to use the joint.
- Numbness in any part of the injured area.
- Redness or red streaks spreading out from the injury.
- Pain, swelling, or redness over a bony part of your foot.
- You are in doubt about the seriousness of the injury or how to care for it