

Joint Swelling

What is it?

- **Joint Swelling** – is one or more swollen joints, the buildup of fluid in the soft tissue surrounding the joint;



Signs and Symptoms:

- **Symptoms**- joint is red, swollen, swelling lasts more than 7 days, fever, chills, pain, rash

-

Recommendations:

- **Home Remedies**- immobilize the area if possible
 - **Hot Packs or Moist Heat**- for arthritic swelling, for an infected area
 - **Cold Packs**- for swelling;(never use cold for infected areas)

Facts:

- **Caused by**- joint injury, joint inflammation, bursitis, prior joint injury, viral joint infection, fungal joint infection, arthritis, rheumatic fever, rheumatoid arthritis, gout, infectious arthritis, ankylosing spondylitis, systemic lupus erythematosus, trauma



What can I do?

- **See your Health Care Provider**- for an accurate diagnosis and treatment after a physical examination
 - **Questions for the Patient to Answer**- location, time pattern, quality, aggravating factors, relieving factors, symptoms
 - **Test to Diagnose the Cause of Joint Swelling**- joint x-rays, joint aspiration with examination of the joint fluid, CBC/Complete Blood Count/Lab work
- **See a Physical Therapist**- for a soothing ultrasound treatment which is painless and penetrates into the swollen tissues around the joint to improve the blood supply and promote healing, for muscle and joint rehabilitation
- **See a Registered Dietitian**- for help as needed for weight loss and healthy eating suggestions

