

# 8 SIGNS YOUR CHILD'S KNEE NEEDS TO BE EXAMINED

If your child or teen is experiencing any of the following symptoms, he or she should be seen by a specialist at Nationwide Children's Hospital Sports Medicine.

**1** The knee is giving out and feels like it can't support weight.

**2** The kneecap feels like it slides out of place.

**3** The knee does not have full motion.

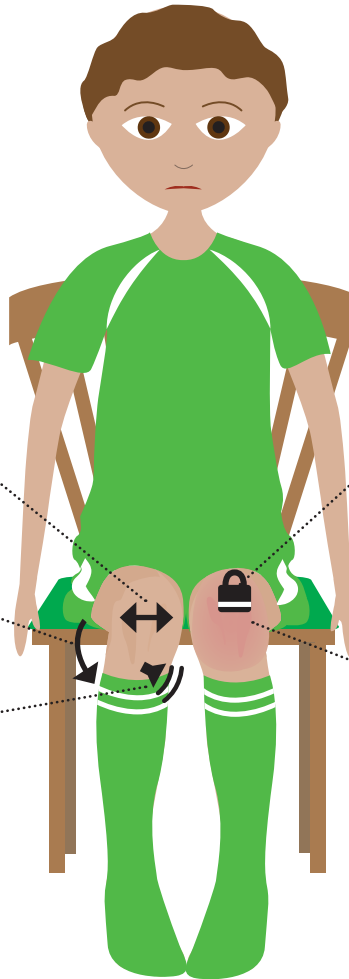
**4** There is a painful "popping" or clicking sound.

**5** There is knee pain without an injury; it hurts during or after activity.

**6** The knee is "locking," or getting stuck, and is not able to move.

**7** The knee does not have good strength.

**8** The knee is swelling—with or without a traumatic (sudden) injury.



While at home, initial treatment should be RICE:

**REST** | **ICE** | **COMPRESSION** | **ELEVATION**

To request an appointment, visit [NationwideChildrens.org/Sports-Medicine](https://www.nationwidechildrens.org/Sports-Medicine) or call (614) 360-1576.



**NATIONWIDE CHILDREN'S**  
*When your child needs a hospital, everything matters.<sup>SM</sup>*