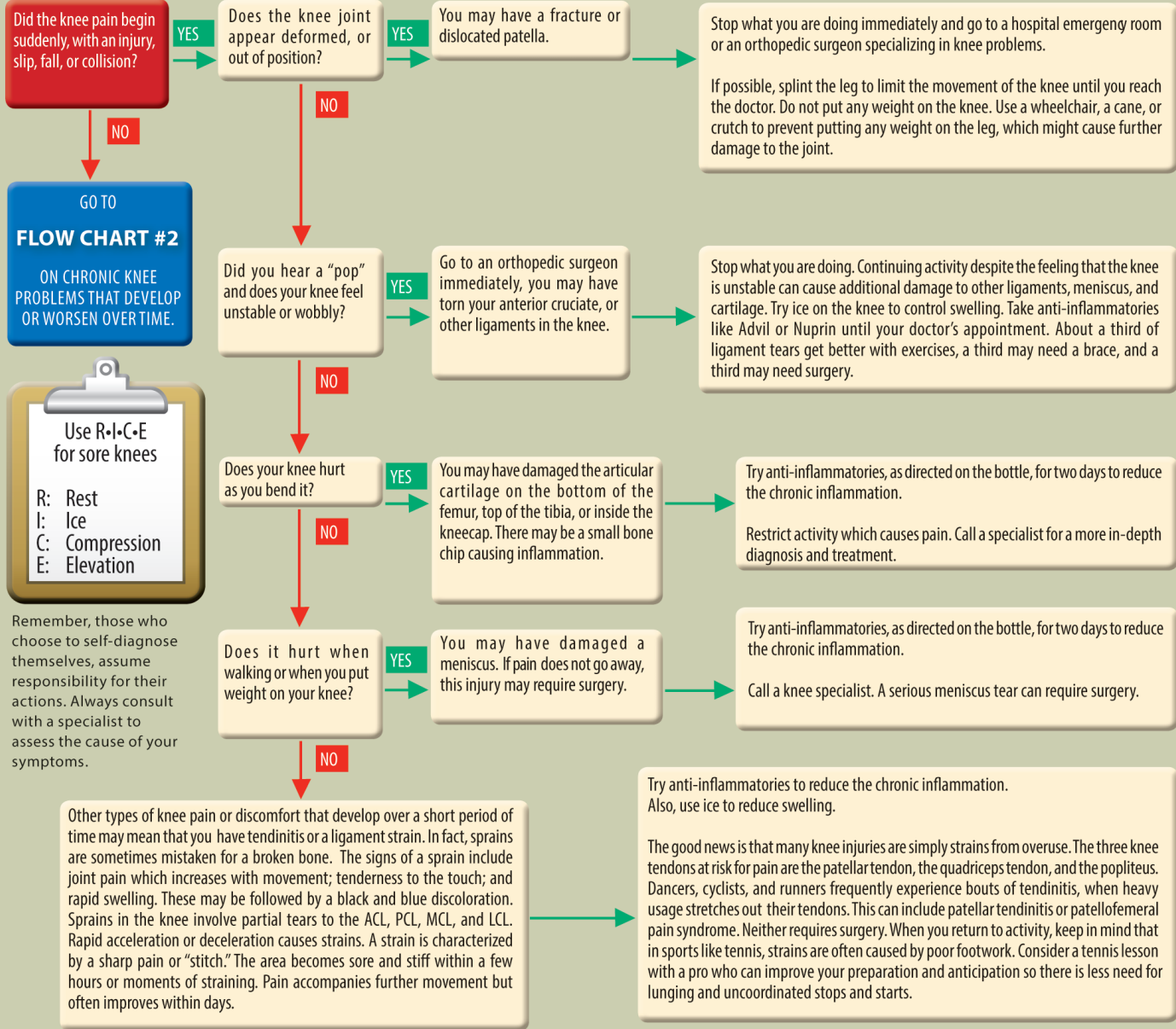


START HERE

Symptom chart for acute knee pain



GO TO
FLOW CHART #2
ON CHRONIC KNEE PROBLEMS THAT DEVELOP OR WORSEN OVER TIME.

Use R•I•C•E for sore knees

R: Rest
I: Ice
C: Compression
E: Elevation

Remember, those who choose to self-diagnose themselves, assume responsibility for their actions. Always consult with a specialist to assess the cause of your symptoms.