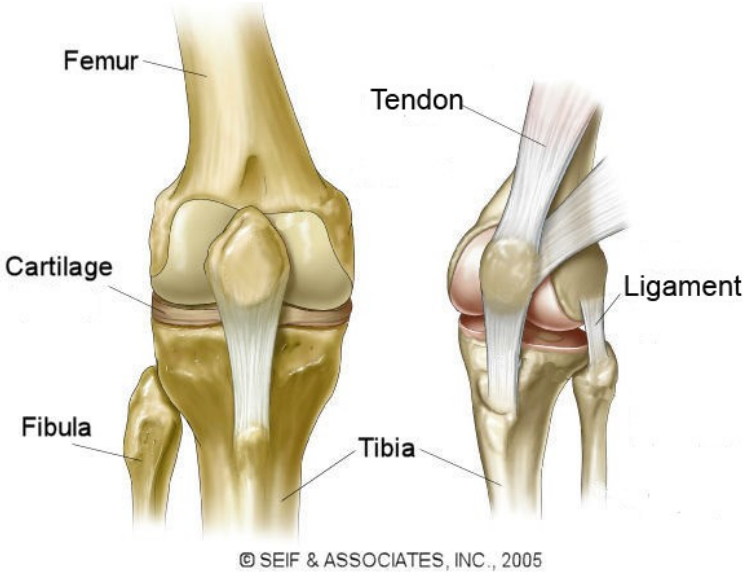
Knee Pain

The knee is a joint between your thigh and lower leg. It is made up of bones, tendons, ligaments, and cartilage. Knee pain can be caused by many things. A few causes could be injury to the knee, gout, arthritis, infections, or overuse during physical activity.



HOME CARE

- Only take medicine as told by your doctor.
- Keep a healthy weight. Being overweight can make the knee hurt more.
- Stretch before exercising or playing sports.
- If there is constant knee pain, change the way you or your child exercises. Ask your doctor for advice.
- Make sure shoes fit well. Choose the right shoe for the sport or activity.
- Protect the knees. Wear kneepads if needed.
- Rest when tired.

GET HELP IF:

- There is knee pain that does not stop.
- There is knee pain that does not seem to be getting better.

GET HELP RIGHT AWAY IF:

- The knee joint feels hot to the touch.
- You or your child has a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- Your baby is older than 3 months with a rectal temperature of 102º F (38.9º C) or higher.
- **Your baby is 3 months old or younger with a rectal temperature of 100.4º F (38º C) or higher.**

MAKE SURE YOU:

- Understand these instructions.
- Will watch this condition.
- Will get help right away if you or your child is not doing well or gets worse.

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