

## **Joint Pain and Muscle Strains (*Interview Transcripts*)**

**Dr. Allen Van, Orthopedic Surgeon, OSF HealthCare**

“When there is evidence of pain that’s related to a particular joint, often times it’s due to motion. You can detect right away and it’s very localized to that area. There’s swelling of the joint, there’s mechanical instability of the joint, and there’s redness around the joint.” (:22)

**Dr. Allen Van, Orthopedic Surgeon, OSF HealthCare**

“Typically, wear-and-tear arthritis usually puts you into that category in your late 50s, 60s, or 70s. Traumatic arthritis could occur in the younger population, such as someone who is playing high school football or someone who works all their life as a labor person starting in their 20s or 30s.” (:26)

**Dr. Allen Van, Orthopedic Surgeon, OSF HealthCare**

“The key factors are: how long the pain has been going on, whether it is getting better, and what makes it worse. Is it associated with certain activities, like motion or bearing weight? Then an examination can determine if it is soft tissue like ligaments or tendons, or a hip sprain or tendonitis.” (:33)

**Dr. Allen Van, Orthopedic Surgeon, OSF HealthCare**

“I tell patients the pain is usually worrisome if they have pain that is lasting more than two or three days and the pain is unrelenting, it is associated with activities, and it is not improving with rest.” (:16)