

# Where should I go for help?



## Emergency Room

- Broken bones with open wound
- Change in shape or severe angle of knee, ankle, elbow or shoulder
  - Animal bites
    - Burns
  - Concussion
  - Head Injury
    - Deep cuts
- Severe pain that may require IV administration or sedation

## Walk-In Clinic

- New bone, muscle or joint injury
- New pain or swelling in a joint
  - Sports injuries
  - Ankle or knee sprains
  - New back injury
  - Work-related injuries
    - Dislocations
- Broken bones with no open wound
  - Foot injuries

## Regular Office Visit

- Joint Pain that has gotten worse over the past weeks, months, years
- Foot/ankle pain that is ongoing
- Limited range of motion that has progressed
  - Pain that has developed and continued for more than two weeks