**RED FLAG SIGNS – ANY PART OF THE BODY**

If you have any of the following signs or symptoms, regardless of what part of the body is then

consult your G.P urgently.

* **Fracture –** if you have had the following anywhere in the body after a traumatic injury - fall, forceful impact injury, you need to attend A&E.
	+ Immediate pain
	+ Severe pain
	+ Painful to lie flat
	+ Constant unremitting pain
	+ A history of taking steroids
	+ Diagnosed with Osteoporosis
	+ Thoracic pain – pain in the spine in between the neck and the lower back.
* **Infection** (septic arthritis or osteomyelitis)
	+ Redness, swelling, heat, and reduced movement, especially if:
		- Rapid onset.
		- Movement is severely restricted, with pain associated with any attempt at movement.
		- Only one joint is affected, although in up to a fifth of people with septic arthritis, more than one joint is affected.
		- Knee pain is severe or, in people with pre-existing joint disease (for example rheumatoid arthritis and osteoarthritis), out of proportion to the usual symptoms.
		- Difficulty weight bearing, particularly in children, who may present with a limp.
		- Fever is present (although the absence of fever does not exclude septic arthritis); the person is systematically unwell.
		- There are risk factors for infection: recent joint surgery/corticosteroid injection, prosthetic joint, other joint disease, rheumatoid arthritis, history of open fracture, previous orthopaedic surgery, intravenous drug use, immunosuppression (for example diabetes, use of long-term corticosteroids, alcoholism), or adjacent discharging sinus, skin infection or ulceration.
* **Tumour**
	+ Persistent, non-mechanical bone pain.
	+ Pain at night or at rest.
	+ Unexplained weight loss.
	+ Previous cancer.
	+ Hard, localised mass adjacent to the knee.
		- Swelling may not be present until late in the disease.
	+ Unexplained lump, increasing in size.
	+ Sudden onset of pain (may indicate a pathological fracture, but can also occur in osteonecrosis).
* **Inflammatory polyarthritis**
	+ Persistent synovitis, indicated by:
		- Pain that is worse at rest or during periods of inactivity.
		- Joint swelling, tenderness, and warmth — giving a 'boggy' feel on palpation.
		- Stiffness in the morning and after inactivity that lasts more than 15-30 minutes.
* Other red flag features to be aware if you have long standing pain include:
	+ Older age and new onset symptoms.
	+ People who are immunosuppressed.
	+ History of cancer — especially in people with back pain.
	+ Abdominal pain accompanied by persistent vomiting, in women of childbearing age, or people who have recently attended the Accident and Emergency department.
	+ Neurological features.
	+ Fever, sweats, chills.
	+ Unexplained weight loss.
	+ Persistent, non-mechanical bone pain.
	+ Pain that worsens at night or when supine.