**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.