

When Should You Visit an Orthopaedic Doctor for Bone and Joint Pain?

Bone and joint pain can make daily life hard. You may feel pain while walking, climbing stairs, sitting, or doing your work. Some people also have swelling, stiffness, or trouble moving their hands and legs.

Do not ignore pain that lasts for many days. The right care can help you move better and stay active.



Jaya Speciality Clinic
Unique Health studio

When Should You Visit an
Orthopaedic Doctor
for **Bone and Joint Pain?**

Get the right care for knee, back, shoulder and other joint problems. Early treatment can help you move better and stay active.

Back Pain **Knee Pain** **Shoulder Pain** **Neck Pain**

Why Choose Orthopaedic Care?

- ✓ Accurate diagnosis
- ✓ Personalized treatment
- ✓ Pain relief & better movement
- ✓ Prevent future problems

Find the Right Cause | **Get Proper Treatment** | **Move Better in Daily Life** | **Keep Your Joints Healthy**

Book Your Consultation
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What Does an Orthopaedic Doctor Do?

An **Orthopaedic Doctor** treats problems related to bones, joints, muscles, and ligaments. These body parts help us stand, walk, run, and do our daily work.

An orthopaedic doctor can help with knee pain, back pain, shoulder pain, bone breaks, and sports injuries. They can also check joint problems in older people.

Signs That You Need a Doctor

You may need to see a doctor if you have:

- Knee pain while walking or climbing stairs.
- Back pain that does not get better.
- Shoulder pain while lifting your arm.
- Swelling near a joint.
- Pain after a fall or sports injury.

- Stiff joints in the morning.
- Trouble walking or moving your hands and legs.

If you have severe pain, a big injury, or cannot stand on your leg, seek urgent medical care.

What Causes Bone and Joint Pain?

There are many reasons for bone and joint pain. A fall or accident can hurt your bones and muscles. Sitting for a long time or using the wrong body position may also cause pain.

As we grow older, our joints may become weak or stiff. Some people may have arthritis, which can cause pain and swelling. Sports and heavy work can also lead to injuries.

Finding the cause is important. It helps the doctor plan the right care for you.

How Can You Keep Your Bones and Joints Healthy?

Small daily habits can help protect your bones and joints.

- Eat healthy food, such as milk, curd, eggs, fruits, and green vegetables.
- Walk or do simple exercises as advised by your doctor.
- Keep a healthy body weight.
- Sit and stand with good posture.
- Do not lift heavy things in the wrong way.
- Take rest when you feel pain.
- Do not start strong pain medicines without medical advice.

If pain continues, visit an **Orthopaedic Doctor** for a check-up.

What Happens During an Orthopaedic Visit?

The doctor will ask about your pain and when it started. They may check how you walk and move your joints. If needed, they may suggest an X-ray or other tests.

Treatment depends on the cause of the pain. It may include medicine, simple exercises, physiotherapy, or other care. Surgery is needed only for some problems.

An **Orthopaedic Doctor** can explain your condition and help you understand your treatment choices.

Visit Jaya Speciality Clinic in Chennai

If you have bone or joint pain, getting the right advice can help you take the next step. At Jaya Speciality Clinic in West Mambalam, Chennai, Dr. Balachandar M provides care for orthopaedic problems.

If you are looking for an [Orthopaedic Doctor](#) in Chennai, you can contact Jaya Speciality Clinic to ask about a consultation.

Do not wait for pain to become worse. If you have ongoing knee, back, shoulder, or joint pain, seek medical advice.

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