



Joint Inspection Time

1. Locate the bones of the joint
2. Look and feel for swelling around the bones
3. Feel if the skin is warmer around the joint
4. Feel around the joint for painful areas
5. Feel for pain with certain positions or motions
6. Look and feel for equal or limited movement

Knee cap in center

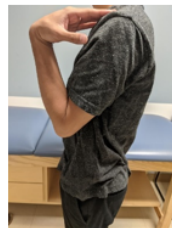


Knee bent



Knee straight

Elbow bones back and sides



Elbow bent



Elbow straight

Ankle bones on sides



Foot point down



Foot pulled up