



INVESTIGATING YOUR BODY: IS IT A JOINT BLEED?



Sometimes it is easy to tell if you are having a joint bleed, but other times you might not be so sure. Use these investigation skills to help you determine if you are having a joint bleed.

- **Listen to your body** How does your body tell you that you are having a bleed?
 - Do you feel a bubbling, tingling, sticky sensation in your joint?
 - Does your joint feel stiff or hard to move?
 - Do you have pain or discomfort in your joint?
 - Is this pain different than your typical pain; Is the pain constant; is it present with certain motions and activities such as bending and stretching your joint?
- **Look at your joints** What does your joint look like?
 - Can you see the bony parts of your joint?
 - Does it look the same as the joint on the other side?
 - Does your joint move the same amount as the joint on the other side?
 - Does your joint move as much as it normally does?
- **Feel your joints** Feel all sides of your joint: front, back and sides
 - Can you feel the bony parts of your joint?
 - Does any part feel squishy or swollen that does not usually feel this way?
 - Does your joint feel warmer than the same joint on the other side or another part of your arm or leg?

Here are a few examples of joint bleeds that might not be so obvious without doing some investigation.

