

## Talk to a health care provider if you are experiencing pain in your hips or knees.

A health care provider can effectively diagnose hip or knee osteoarthritis based on:

- Your health history, including symptoms and concerns
- A physical examination
- X-ray imaging for your hip
- Weight-bearing x-ray imaging for your knee

Ordering unnecessary MRI scans when your x-ray indicates osteoarthritis often results in increased wait times for patients. This can cause unnecessary anxiety while waiting for a specialist consultation to discuss treatment plans.