**PROVIDENCE**
Health & Services

## A picture doesn't tell the whole story

These images show X-rays of two knees. On the left, we see severe degeneration of the joint, and on the right, we see a healthy knee.





Up to half of people with severe arthritis in the knee have no symptoms.

Ten percent with no arthritis on an X-ray have severe pain!

## Pain ≠ Harm

This image shows an xray that has severe degeneration on the left, and a normal xray on the right.

Multiple studies have looked at people with test results like X-Rays and MRI, which show moderate to severe changes like degeneration in the joint surface, and disc herniations, and have found that often people actually don't feel pain even though their test study is abnormal.

In one study, roughly half of people with severe arthritis in the knee had no symptoms and 10% with no arthritis on X-Ray have  severe pain!!

Which is why I can say that whether or not you have something that shows up on an X-Ray does not tell us whether you will have more or less pain. There is a lot more to it than that. This also means that having a "bad" X-Ray does not necessarily mean you will have worse pain, and on the other side, you can have significant pain that can't be explained by an X-Ray because some people have totally normal X-Rays and still have significant pain.

The Good News: "Your pain is real, regardless of what the X-Ray or other test shows, AND there is a lot that you can do to change your pain, either way.  The video I'd like you to watch can help explain a bit more."

References:

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