Musculo-Skeletal Pain

You have muscle and boney aches and pains. These pains can occur in any part of the body. There is often not a definite cause or reason for these pains. Your caregiver may treat you without knowing the cause of the pain. They may treat you if laboratory (blood or urine), x-ray, and other tests were normal. These pains may be caused by a virus. The discomfort may also come from overuse. Overuse includes working out too hard when your body is not fit. Boney aches also come from weather changes. Bone is sensitive to atmospheric pressure changes.

It is important to follow up with your caregiver if you have a painful condition and no reason can be found for the pain. If the pain becomes worse or does not go away, it may be necessary to repeat tests or do additional testing. Your caregiver may need to look further for a possible cause.

HOME CARE INSTRUCTIONS

- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- For the protection of your privacy, test results can not be given over the phone. Make sure you receive the results of your test. Ask as to how these results are to be obtained if you have not been informed. **It is your responsibility to obtain your test results.**
- You may continue all activities unless the activities cause more pain. When the pain lessens, it is important to gradually resume normal activities. Resume activities by beginning slowly. Gradually increase the intensity and duration of the activities or exercise. During periods of severe pain, bed rest may be helpful. Lay or sit in any position that is comfortable.
- Ice used for sudden *(acute*) conditions may be effective. Use a large plastic bag filled with ice and wrapped in a towel. This may provide pain relief.
- See your caregiver for continued problems. They can help or refer you for exercises or physical therapy if necessary.

If given medications for your condition **do not** drive, operate machinery or power tools, or sign legal documents for 24 hours. Do not drink alcohol. Do not take sleeping pills or other medications that may interfere with treatment.

SEEK IMMEDIATE MEDICAL CARE IF

- You have pain that is getting worse and is not relieved by medications.
- You develop chest pain that is associated with shortness or breath, sweating, nausea, or vomiting.
- Your pain becomes localized to the abdomen.
- You develop any new symptoms that seem different or that concern you.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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