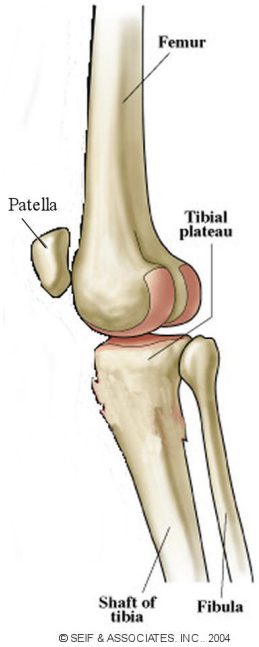
Arthralgia (Pain In A Joint)

Arthralgia is pain in a joint. A joint is a place where two bones meet. Joint pain can happen for many reasons. The joint can be bruised, stiff (*arthritis*), infected, or just suffer from wear and tear as we get older.

Most of the time, pain goes away after resting and taking drugs for your soreness. If the joint is infected, you will take medicine to kill the germs that infected you.



HOME CARE

To take care of yourself:

- For the first 24 hours, keep the injury up on 2 pillows while you lie down.
- Put ice in a plastic bag. Place a towel between the bag of ice and your sore joint. Do this 4 times each day for the first 2 days.
- Rest the joint for 1 week, as your doctor tells you to.
- Only take medicines for pain, discomfort, or fever as your doctor tells you to.
- If your doctor gives you crutches or bandages, use them as you are told to.

GET HELP IF:

- Bruising gets worse.
- Swelling gets worse.
- Pain gets worse.

GET HELP RIGHT AWAY IF:

- Your fingers or toes are numb or blue.
- Your pain is very strong.
- You have a temperature by mouth above 102° F (38.9° C), not controlled by medicine.
- You cannot move or use the joint.

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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