Weakness, Generalized Without Cause

Your caregiver has seen you today because you are having problems with feelings of weakness. Weakness has many different causes, some of which are common and others are very rare. The causes of weakness are so numerous they could not all be listed on this page.

The exam and other tests done today do not reveal a specific cause for the weakness that is an immediate danger or something that is treatable. Your caregiver has checked you for the most common causes of weakness and feels it is safe for you to go home and be observed.

HOME CARE INSTRUCTIONS

- For the time being, obtain more rest if needed.
- Eat a well balanced diet.
- Try to get at least some exercise every day in spite of how difficult it may seem at times. In the case of the elderly, exercise is especially important. As we grow older, there is a loss of muscle mass. Generally, there is also a loss of, or decrease in, activity that comes naturally with the aging process. Exercise and increased activities are the only tools we have to combat this natural process.
- The results of some tests ordered today may not be available right away. You will be contacted with those results when they become available.
- It is important to follow through with your physician as per instructions that you may have received today.

SEEK MEDICAL CARE IF:

- You have any new concerns which you do not feel were dealt with today.
- The weakness seems to be getting progressively worse.
- You develop new or unusual aches or pains.

SEEK IMMEDIATE MEDICAL CARE IF:

- You are unable to tend to your usual daily activities such as simply getting dressed, feeding yourself, or keeping up with your personal hygiene.
- You develop inability to walk stairs or perform your usual daily activities.
- You develop shortness of breath, chest pain, have difficulty moving parts of your body, or develop new problems for which you have not talked to your caregiver.
- You experience difficulty speaking or swallowing.
- You develop loss of control of bladder or bowels that was not present before.

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