Chest Wall Pain

Chest wall pain is pain in or around the bones and muscles of your chest. This may occur:

- on its own *(spontaneously*)
- after a viral illness such as the flu
- through injury
- from coughing
- minor exercise

It may take up to 6 weeks to get better; longer if you must stay physically active in your work and activities.

HOME CARE INSTRUCTIONS

- Avoid over-tiring physical activity. Try not to strain or perform activities which cause pain. This would include any activities using chest, belly *(abdominal*) and side muscles, especially if heavy weights are used.
- Use ice on the painful area for 15 to 20 minutes per hour while awake for the first 2 days. Place the ice in a plastic bag and place a towel between the bag of ice and your skin.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

SEEK IMMEDIATE MEDICAL CARE IF:

- Your pain increases or you are very uncomfortable.
- An oral temperature above 102º F (38.9º C) develops.
- Your chest pains become worse.
- You develop new, unexplained problems *(symptoms*).
- You develop nausea, vomiting, sweating or feel light headed.
- You develop a cough which produces phlegm *(sputum*) or you cough up blood.

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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