

OCTOBER 15, 2018

JOINT PAIN



What is joint pain?

Not all pain felt around your joints can be attributed to the joint itself - sometimes this pain originates from the surrounding ligaments, tendons, or muscles. Be sure to get a proper assessment to determine the cause and precise location of your pain!

Joint pain may occur simultaneously with joint inflammation (arthritis), which can cause warmth, swelling or redness at the joint site. The accompanying pain can be triggered by movement or may only be present at rest.

Acute (sudden) arthritis that affects multiple joints is often caused by a viral infection, gout, or might be the beginning signs of a joint disorder. Alternatively, chronic (ongoing) arthritis that affects multiple joints could be caused by an inflammatory disorder such as rheumatoid arthritis or a non-inflammatory disorder called osteoarthritis.

TREATMENT

01

Consult a physiotherapist

02

Apply cold to relieve pain from joint inflammation

03

When safe, remain active to prevent permanent stiffness and muscle loss