

Muscle and Joint pain

Pain in muscles and joints are common and seldom need to be treated by a doctor.

WHAT TO LOOK FOR

- Stiffness and pain especially with movement

CAUSES

- Strain due to overexertion
- Injury
- Inflammation
- Wear and tear

TREATMENT AT HOME FOR MUSCLE PAIN

- Massage affected part and keep it warm
- Rest
- Take painkillers such as paracetamol or ibuprofen

TREATMENT AT HOME FOR JOINT PAIN

- Rest the sore joint
- Take painkillers as for muscle pain

STRAINS AND SPRAINS

RICE -

Rest the injured part

Ice wrapped in a cloth - or a bag of frozen peas - can be used to reduce the swelling. But do not apply for longer than 15 minutes at a time.

Compress the injury gently with a bandage

Elevate the injured part

WHEN TO SEE YOUR DOCTOR

- If the pain in the joint or muscle does not improve after three days
- If the joint looks deformed
- If there is swelling
- If mobility is badly affected