

Joint Pain Upper Extremity

Are You At Risk?



Pain and injury from daily overuse is a frequent cause of upper extremity pain. Overuse, however, is different for each person. An activity that causes pain for one person may not for someone else. In general, the more frequently an activity is performed, and the more lifting or straining the activity requires, the greater the opportunity for injury and pain.

Read each question carefully. Circle "Yes" if you have any of the symptoms described. Circle "No" if you do not.

Yes or No

- | | |
|--|--------|
| Do you have difficulty reaching up and getting an item out of the cabinet due to pain in your arm? | Y N |
| Do you have pain in your shoulder, elbow or hand? | Y N |
| Is your grasp weak? | Y N |
| Do you have difficulty dressing your upper body due to pain or limited flexibility? | Y N |
| Are any of the joints in your hand red and swollen? | Y N |
| Do you have pain in your elbow when playing tennis, golf or bowling? | Y N |



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Remember

It is important to understand that upper extremity pain is a symptom of a medical condition, not a diagnosis itself. Medical problems that can cause upper extremity pain include the following: mechanical problems, injuries, acquired conditions, and disease process. To find a physician that can properly diagnose and treat your upper extremity dysfunction please call our FREE Consult a Nurse[®] and physician referral line at 888-256-7728.

If you answered . . . YES to any of the 6 survey questions, you should discuss your symptoms with your physician or an orthopedic specialist.

If you answered . . . NO to all of the 6 survey questions keep this survey to refer back to every 6-12 months.

JointPain

The treatment of upper extremity pain depends entirely on the cause of the problem. Therefore, it is of utmost importance that you understand the cause of your symptoms before embarking on a treatment program. If you are unsure of your diagnosis, or the severity of your condition, you should seek medical advice before beginning any treatment.

- One third of all acute injuries seen in emergency rooms involve the upper extremities.
- Two thirds of upper extremity injuries occur to individuals in their working years.
- Repetitive Strain Injuries, or Occupational Overuse Syndrome as it is now termed, may be on the increase with the growing use of small electronic devices such as iPods, Blackberrys and mobile phones.

QuickFacts



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