

PATIENT INFORMATION SHEET

SYMPTOM OVERVIEW

UNDERSTANDING PERSISTENT PAIN IN SPECIFIC AREAS



- Ongoing or recurrent pain localized in a specific area, such as the wrist, elbow, or ankle, which doesn't significantly improve with rest or over-the-counter pain medications.
- The pain may be sharp, dull, throbbing, or aching, and might worsen with movement or specific activities.

WHAT IT MIGHT INDICATE

- Common conditions: This could be due to repetitive strain injuries, tendonitis, or sprains.
- It might also indicate conditions such as arthritis, nerve impingement (like carpal tunnel syndrome in the wrist), or, in some cases, stress fractures.
- Please note: This document is not intended for self-diagnosis. Persistent pain in a specific area should be evaluated by a healthcare professional.

IMMEDIATE ACTIONS

- Apply ice or heat packs to the affected area to alleviate pain.
- Rest the affected area and avoid any activities that exacerbate the pain.
- Use over-the-counter pain relievers if necessary, following the dosage instructions carefully.
- If the pain is severe, accompanied by swelling, redness, or warmth, or if you have recently experienced an injury, seek immediate medical attention.

WHEN TO CONTACT US



- If you have persistent pain that doesn't improve with basic at-home treatments, consider contacting us to arrange an online consultation with our specialists.
- If these symptoms are affecting your ability to engage in daily activities, work, or exercise, our service can provide guidance and specialist referrals.
- If you're seeking alternative treatment options or a second opinion, don't hesitate to reach out for expert advice and assistance.

WHAT TO EXPECT DURING OUR ONLINE CONSULTATION

- Our specialist will inquire about your pain, medical history, previous treatments, and any medications you're taking.
- You may be asked to describe your pain in detail, including its exact location, intensity, duration, and any activities that exacerbate or relieve it.
- Further diagnostic tests (like imaging or referral to orthopedic specialists) may be recommended based on your symptoms and history.




PREPARATION FOR YOUR APPOINTMENT

- Be ready to discuss in detail the pain you've been experiencing, any treatments you've tried, and the impact on your daily life.
- Compile a list of all medications and supplements you're taking, including dosages.
- Ensure you're in a quiet, well-lit room with a stable internet connection for the video call.
- Have any questions about your symptoms, potential causes, or treatment options written down and ready to ask.

DISCLAIMER

This information sheet is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your healthcare provider with any questions or concerns you may have regarding your condition.

CONTACT US

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-  [Book a Free Consultation](#)

