

# PATIENT INFORMATION SHEET

## SYMPTOM OVERVIEW

### UNDERSTANDING RADIATING PAIN IN ARMS OR LEGS



- Pain that begins in one part of the body (often the back, neck, or hips) and travels to different areas of the arms or legs.
- This pain is often described as sharp, shooting, or burning, and may be accompanied by numbness or tingling sensations.

### WHAT IT MIGHT INDICATE

- Common conditions: This could be due to nerve compression or irritation, such as that caused by a herniated disc, sciatica, or carpal tunnel syndrome.
- It might also indicate conditions like peripheral neuropathy, spinal stenosis, or, in rare cases, infections or tumors affecting the nerves.
- Please note: This document is not intended for self-diagnosis. Persistent or severe radiating pain should be evaluated by a healthcare professional.

### IMMEDIATE ACTIONS

- Avoid activities that exacerbate the pain, especially heavy lifting or repetitive motions involving the affected limbs.
- Apply hot or cold packs to the affected areas to help manage pain levels.
- If the pain is severe or accompanied by weakness, loss of coordination, or bladder or bowel dysfunction, seek immediate medical attention.

## WHEN TO CONTACT US



- If you're experiencing persistent or severe radiating pain that affects your quality of life, mobility, or daily activities, consider contacting us to arrange an online consultation with our specialists.
- If you're seeking further guidance, alternative treatment options, or a second opinion, our service can provide expert advice and specialist referrals.

### WHAT TO EXPECT DURING OUR ONLINE CONSULTATION

- Our specialist will inquire about your pain, medical history, and any medications you're taking.
- You may be asked to describe your pain in detail, including its path, intensity, duration, and any activities that exacerbate or relieve it.
- Further diagnostic tests (like imaging, electromyography, or nerve conduction studies) 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 and its 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

-  [www.healwise.net](http://www.healwise.net)
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-  [Book a Free Consultation](#)

