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THE LITTLE A TO Z OF

PAIN

Movelat[®]
Always read the label

A handy guide to understanding and managing different types of pain, from simple sprains to back ache and mild arthritis.



DR ROGER HENDERSON **GP AND MEDIA MEDIC**

"I see patients every week who are experiencing pain from strains and sprains or ongoing mild arthritic conditions.

The pain can be frustrating and disruptive, often stopping people being able to do the things they want to do.

The good news is that there are lots of things that you can do to manage pain from regular exercise to using widely available over-the-counter products.

The Little A-Z is packed full of easy to follow information about different types of pain and why it occurs. It also includes plenty of tips and advice for how to manage your pain and how to get the support of others."

Dr Henderson does not endorse any brand referenced in this booklet.

Did you know?

31 million days of work were lost last year due to back, neck and muscle problems?

ONS Labour force study
<http://www.bbc.co.uk/news/business-26338889>



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IS FOR

**ARM AND
ELBOW PAIN**



ARM AND ELBOW PAIN ARE COMMON PROBLEMS AND USUALLY HAPPEN AFTER AN INJURY OR FALL

Frequent types of arm pain include tennis elbow or golfer's elbow, bursitis*, a trapped nerve, or Repetitive Strain Injury (RSI).

Each year, in the UK, about five in every 1,000 people go to see their GP about tennis elbow.

[www.nhs.uk/Conditions/
Tennis-elbow/Pages/Introduction.aspx](http://www.nhs.uk/Conditions/Tennis-elbow/Pages/Introduction.aspx)

*See page 7 for further details.

TENNIS AND GOLFER'S ELBOW WHAT IS IT AND HOW CAN IT HAPPEN?



Tennis elbow is pain around the outside of the elbow, specifically the knobbly bone you can feel if you run your fingers up the outside of the arm known as the lateral epicondyle.

This type of pain usually occurs after overuse of the muscles and tendons around the elbow joint. Examples of activities that can lead to this type of overuse may include gardening, painting or doing a sport such as tennis.

The medical name for tennis elbow is lateral epicondylitis. Pain can also occur on the inside of the elbow – the medial epicondyle – and this is known as golfer's elbow.

Depending on the amount of overuse of the muscles and tendons in the area, the pain caused by tennis or golfer's elbow can last several weeks or months but will eventually get better.

HOW CAN IT BE TREATED?

1 REST

Quite simply, stop doing the activity that caused the pain in the first place and rest the arm that's affected. If the problem was caused by a sport, check with an expert that you're doing the move correctly or wear specialist support which can be bought at large high street pharmacies.

2 COLD COMPRESS

A repetitive movement such as that which causes tennis or golfer's elbow leads to inflammation of the muscles and tendons in the area, resulting in a feeling of heat. A cold compress on the elbow such as a bag of frozen peas wrapped in a tea towel can bring down the inflammation and provide relief.

Tennis and golfer's elbow

You don't have to be Andy Murray or Tiger Woods to get these conditions. Tennis and golfer's elbow can occur after long term use of the arm or repetitive movement such as gardening, DIY and horse riding.

3 TOPICAL PAINKILLERS

Topical painkillers include pain relieving creams and gels which you can get from your pharmacist. They are rubbed into the skin at the site of pain and deliver the medicine directly to where it is needed. Apply directly to the elbow as necessary.

Topical painkillers are especially good for those who are unable to take oral medicine and those concerned about the GI effects of oral painkillers. Because they work at the site of pain, less of the medicine circulates in your system.

Try this: Movelat is a topical painkiller which contains the ingredient MPS (mucopolysaccharide polysulfate). Movelat helps deliver powerful pain relief directly to aching joints and muscles. Movelat recommend two to six inches (5-15 cm) to be applied to the affected area up to four times a day. Always read the label.

Your pharmacist will be able to recommend a suitable painkiller for you.

4 PHYSIOTHERAPY

Your GP may refer you to a physiotherapist if your pain is severe or persistent. These healthcare professionals will use a variety of techniques such as massage and manipulation to relieve the pain and stiffness. You may also be given exercises to strengthen the muscles in the forearm to prevent future problems.

5 SURGERY

Invasive treatment such as surgery will only be considered as a last resort and when other options have not been successful. The damaged part of the tendon is removed to relieve the painful symptoms.

***BURSITIS WHAT IS IT AND HOW CAN IT HAPPEN?**

A bursa is a fluid-filled sac which forms under the skin, usually over the joints, and acts as a cushion between the tendons and bones. Bursitis is literally inflammation and swelling of a bursa. Similarly to tennis and golfer's elbow, bursitis is usually caused by repetitive movement of the arm. This leads to a build-up of fluid over the elbow joint and results in pain and swelling.

HOW CAN IT BE TREATED?

Most cases can be successfully treated at home – either by holding an ice pack to the arm or using over-the-counter painkillers to relieve the pain, or rest. Sometimes bursitis can be complicated by an infection and may need antibiotics. The pain from this condition will usually improve within a few weeks.

6% of those currently suffering pain suffer with elbow or wrist pain.

Survey conducted by OnePoll, Sept, 2014.

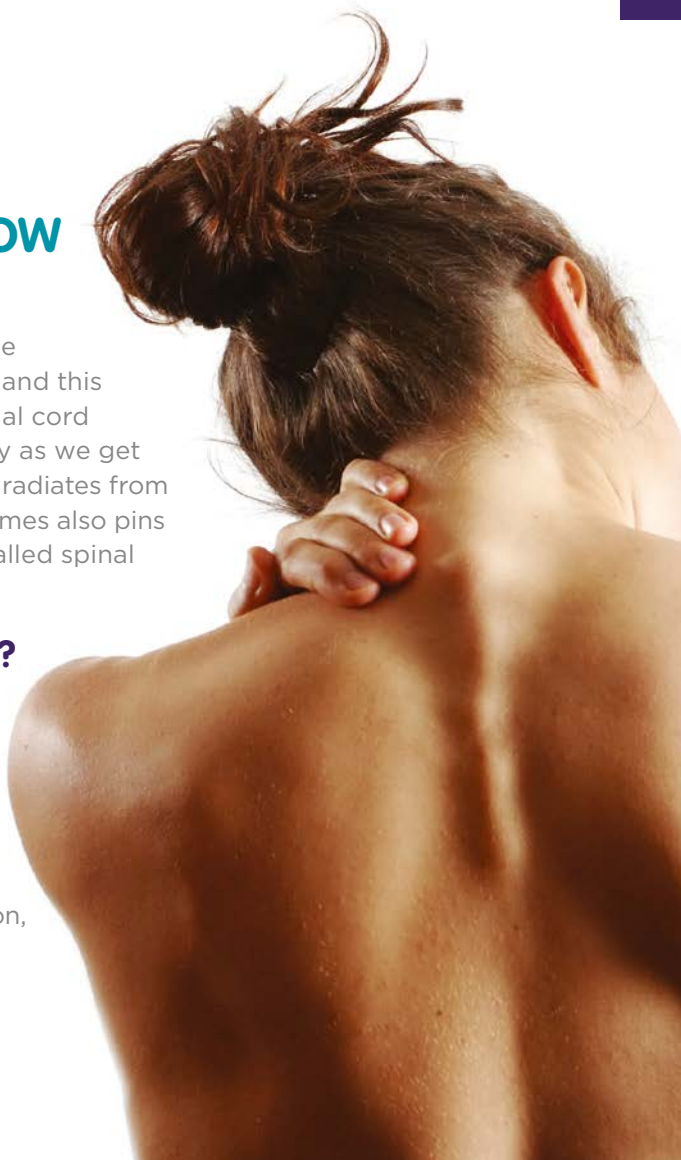
TRAPPED NERVE

WHAT IS IT AND HOW CAN IT HAPPEN?

The joints and bones in our spine undergo a large amount of use, and this can cause the nerves in the spinal cord to become trapped - particularly as we get older. This may lead to pain that radiates from the neck to the arms and sometimes also pins and needles. This condition is called spinal arthritis or cervical spondylosis.

HOW CAN IT BE TREATED?

Arm pain caused by cervical spondylosis can vary on a day-to-day basis and is different for one person to the next. In most cases, symptoms can be controlled using over-the-counter medication, exercise and osteopathy.





A social media situation

Using phones, tablets and laptops can lead to RSI as the wrist and fingers use repetitive movements to work the keys and tap the screens.

REPETITIVE STRAIN INJURY (RSI)

WHAT IS IT AND HOW CAN IT HAPPEN?

This condition may be diagnosed if your arm or elbow pain is caused by a repetitive task and goes away when the task is stopped. It often occurs in people who work with computers or carry out repetitive manual work. There are two types of RSI – Type 1 is when a GP can diagnose a recognised medical condition as the cause, such as bursitis or tendonitis (inflammation of the tendons). Type 2 RSI is when there are no symptoms other than pain.

HOW CAN IT BE TREATED?

The first step is to modify or stop the activity that is causing the problem. Speak to your GP or pharmacist about topical painkillers, creams or gels which can be applied directly to the problem area to relieve the pain.

Try an anti-inflammatory pain killer such as Movelat. A heat or cold pack, elastic support or splint can also be effective – all of which can be purchased at large pharmacies.

Complementary therapy treatments such as massage, yoga and osteopathy can be useful. If the pain persists your GP may refer you to a physiotherapist.



IS FOR

BACK PAIN



BACK PAIN IS, IN MOST CASES, A SELF-LIMITING CONDITION AND 90% OF PEOPLE WITH ACUTE BACK PAIN WILL RECOVER WITHIN 6 WEEKS*

WHAT IS IT AND HOW CAN IT HAPPEN?

This condition can feel like an ache, tension or stiffness in your back. It's most common in the lower back but can be felt anywhere along the spine from the neck down to the hips.

Back pain can be triggered by bending awkwardly, bad posture from sitting or standing, lifting incorrectly, or a fall or slip. It can also be caused by general 'wear and tear' as we get older.

*<http://www.backcare.org.uk/factsandfigures>

COMMON TYPES OF BACK PAIN

Sciatica – this is pain caused by irritation or compression of the sciatic nerve. This nerve runs from your lower back, through your buttocks and all the way down the back of the legs to the ankle. If something compresses or irritates the sciatic nerve it can cause pain.

Most commonly sciatica is the result of a slipped disc but in many cases there is no obvious reason for the problem. The sciatic pain can go away naturally within a few days or weeks but in some situations it can take months.

Slipped disc – also known as a herniated or prolapsed disc, occurs when one of the discs that sit between the vertebrae (bones of the spine) is damaged and presses on the nerves. It causes back pain and neck pain often with a numbness, tingling sensation or weakness in other areas of the body.

Age can be a factor in causing a slipped disc as the discs can dry out making them less flexible, but the cause is often unknown. It can take about 4-6 weeks to recover from a slipped disc.

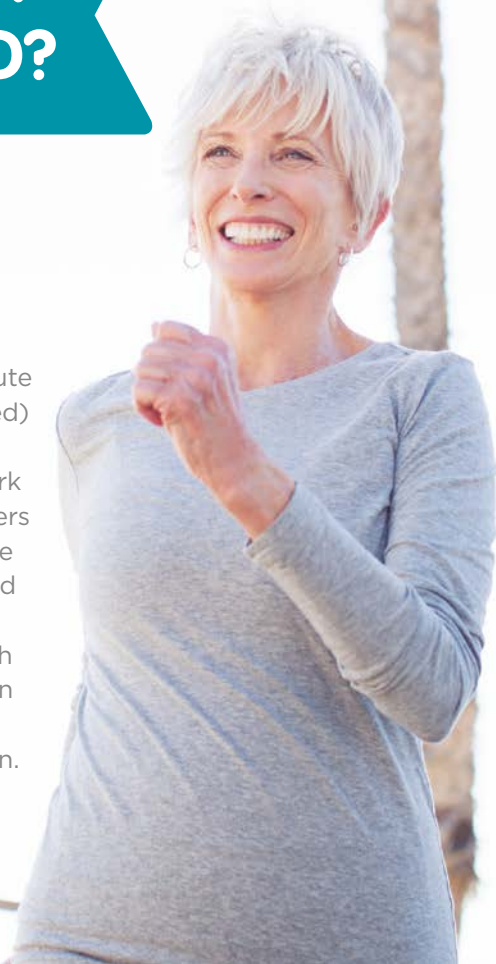
**IT IS ESTIMATED THAT FOUR OUT OF
EVERY FIVE ADULTS (80%) WILL EXPERIENCE
BACK PAIN AT SOME STAGE IN THEIR LIFE**

www.backcare.org.uk/factsandfigures

HOW IS BACK PAIN TREATED?

SELF-HELP FOR ACUTE BACK PAIN

Being regularly active is a good way to prevent and manage acute (less than 24 hours since it started) back pain – even walking and everyday tasks such as housework can aid recovery. Topical pain killers in the form of creams or gels are helpful and can easily be applied to the affected area as often as required. Oral painkillers such as ibuprofen or paracetamol can be taken too, and hot or cold compression may soothe the pain.



PRIVATE TREATMENT

Manual therapies such as physiotherapy, chiropractic, massage and osteopathy can be useful for some types of back pain.

You can research the best clinic for you on the internet or ask friends for a recommendation.

CHRONIC BACK PAIN

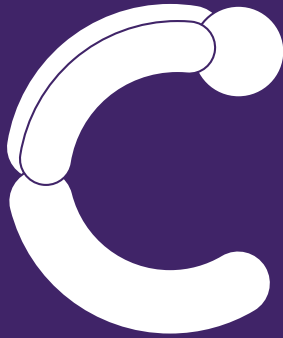
Chronic back pain – that which lasts for more than six weeks – is often treated with oral painkillers, topical painkillers and either acupuncture, exercise or manual therapy. Often an X-ray or MRI scan will be carried out via a GP referral to understand the cause of the problem. Spinal surgery is usually only considered as a last resort.

Q+A

Question: Typically, how many bones – vertebrae – are there in the human spine?

Answer: 33





IS FOR

COMPLEMENTARY THERAPIES



**THERE ARE MANY WAYS
OF MANAGING JOINT PAIN
WITHOUT USING DRUGS OR
SURGERY. THESE ARE OFTEN
CALLED COMPLEMENTARY
THERAPIES**

Most are not available on the NHS so you would have to fund them yourself. To find the right therapist for you, ask for a recommendation from friends, work colleagues or family. It's also good to check with your general healthcare professional and let them know if you're planning to go down this route.

Before you commit to undertaking complementary therapy, ask the professional for a free consultation in which you can discuss whether the treatment is the right one for you.

Remember to check the provider's qualifications and make sure they are members of the appropriate governing body, for example the British Acupuncture Council for acupuncturists in the UK.





ACUPUNCTURE

Traditionally trained acupuncturists use very fine needles inserted into the body to relieve pain and restore health. The National Institute for Health and Clinical Excellence (NICE) recommends acupuncture for non-specific low back pain, chronic tension-type headaches and migraine. Other conditions can also be treated with acupuncture including neck pain, knee problems, tennis elbow and shoulder pain but these have not been evaluated by NICE yet. Visit www.acupuncture.org.uk to find a British Acupuncture Council registered acupuncturist near you.

MASSAGE

Massage is a great way to relieve tight muscles in the body and combat pain. There are many different types – from sports to Swedish body massage. Speak to a trained massage therapist to find out which is the right one for you.

CHIROPRACTIC

Getting spine adjustments from a chiropractor may help to reduce pain such as back, neck and shoulder pain. Treatment can last from a few hours to several months, typically after a set of treatments. Look for practitioners who are members of the British Chiropractic Association. www.chiropractic-uk.co.uk

Q+A

Question: How many main acupuncture points are there on the human body?

Answer: There are around 500 main acupuncture points but some texts say there are as many as 2,000!

OSTEOPATHY

Osteopaths treat and prevent health problems such as back, neck and shoulder pain by moving, manipulating and stretching muscles and joints in the body. To find a credible practitioner, speak to the British Osteopathic Association. www.osteopathy.org

PHYSIOTHERAPY

These healthcare professionals will use a variety of techniques such as massage and manipulation to relieve the pain and stiffness. You may also be given exercises to strengthen the muscles and prevent future problems. Your GP may refer you to a physiotherapist for treatment or you can pay for sessions privately.

Q+A

Question: How many bones are there in the human neck?

Answer: There are seven cervical neck bones.







IS FOR

DIET AND NUTRITION

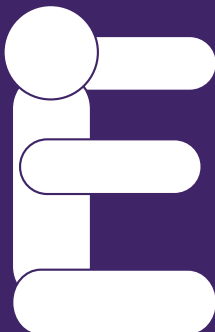


IT IS WELL KNOWN THAT A GOOD DIET AND CAREFUL NUTRITION CAN IMPROVE EVERYDAY HEALTH AND WELLBEING

According to Arthritis Research UK, some people find that symptoms of osteo and rheumatoid arthritis can be improved with changes in diet, though there is no cure. Arthritis – joint pain, stiffness and, in some cases, of arthritis swelling – is one of the most common causes of pain.

It's important to think about weight when it comes to pain as being overweight can cause a strain on the joints. Also ensure your diet gives you the vitamins and minerals you need as some forms of arthritis are linked to other conditions such as heart problems.





IS FOR
EXERCISE



REGULAR EXERCISE CAN HELP MANAGE PAIN IN SEVERAL WAYS

Firstly, it can help you lose or maintain your weight. Being overweight can put a strain on your joints, causing pain. Exercise can also help to ease stiffness in the joints, improve movement and strengthen muscles. Lastly, being active can help you strengthen bones and maintain bone density.

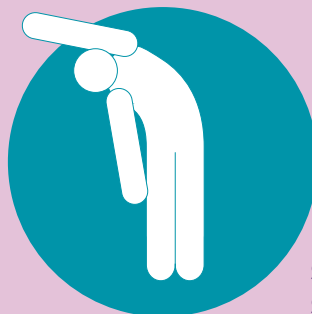
It is recommended that you undertake 30 minutes of exercise that makes you slightly short of breath five times a week. However, those people with joint pain may find this too much at first, so start slowly and build up.

Speak to your GP before embarking on an exercise programme if you haven't been active for a while.

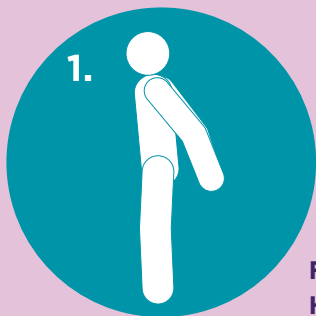
STRETCHING EXERCISES HELP EASE ACHES AND PAINS AND GET THE BEST MOVEMENT FROM YOUR JOINTS



Runner's
Stretch



Standing
Side Stretch



Forward
Hang





REMEMBER: KEEPING FIT TO
MAINTAIN A HEALTHY WEIGHT
WILL ALSO PUT LESS STRESS ON
YOUR JOINTS AND MUSCLES

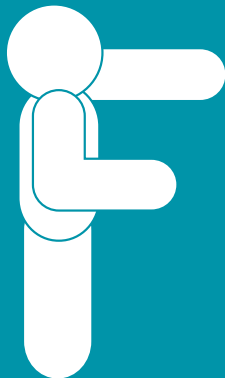
STRENGTHENING EXERCISES

Strengthening exercises are important because we rely on our muscles to support our joints and keep them in the right position when we move. If muscles are weak, joints may become unstable and this can be painful. Kettle bells – a cast iron or steel weight resembling a cannon ball with a handle – are excellent for strengthening different parts of the body, as are classes in pilates and yoga.

FITNESS EXERCISES

Fitness exercises, which can be as simple as walking a bit further or faster than you normally would, are very important to maintain a healthy body. Try swimming, cycling, fitness classes or the gym.





IS FOR FOOT PAIN



FOOT PAIN IS A VERY COMMON COMPLAINT AFFECTING NEARLY 6% OF PEOPLE IN THE UK

It can have many causes and be due to a problem in any part of the foot. The source of pain can be bones, ligaments, tendons, muscles, plantar fascia, toenail beds, nerves, blood vessels or skin.

Painful feet are a very common problem. One survey reported a 9.4% prevalence of disabling foot conditions.

www.patient.co.uk/doctor/painful-foot

MOST COMMON CAUSES OF FOOT PAIN

HEEL PAIN PLANTAR FASCIITIS

WHAT IS IT AND HOW CAN IT HAPPEN?

Plantar fasciitis is the most common cause of heel pain. The plantar fascia is a band of tough tissue connecting the heel bone to the toes and in this condition it becomes irritated or inflamed. The prevalent symptom of plantar fasciitis is heel pain, which is worst in the morning when getting out of bed. You can also feel pain in the arch of your foot.

You are more likely to injure this band of tissue if you are on your feet most of the day. It can also be caused by lots of running and walking – particularly if these are done in ill-fitting or non-supportive footwear.

If you are overweight this can lead to pressure in this area, causing a problem with the plantar fascia. Some people with a tight Achilles tendon (the large tendon you can feel at the bottom of your calf muscles above your heel) can suffer with plantar fasciitis as it affects your ability to comfortably flex the ankle.

TREATMENT

- Rest
- Calf and foot muscle stretches. You could have treatment from a physiotherapist to get these exercises
- Over-the-counter topical and oral painkillers
- Shoes with a good arch support and a cushioned sole
- Orthotics which are special inserts for shoes – available from large pharmacies

HEEL SPURS



WHAT IS IT AND HOW CAN IT HAPPEN?

These are abnormal growths of the heel bone that can be caused by our movement pattern, bad posture, inappropriate shoes or some activities such as running, standing and walking. People with flat feet or a high instep are more likely to have foot pain from heel spurs.

TREATMENT

- Speak to a podiatrist who can order a specialist heel pad which supports the area
- Orthotics are also good for this problem
- Specialist exercises – again seek treatment from a physiotherapist
- Rest
- Topical and oral painkillers available from your pharmacist will help to alleviate any pain experienced

BALL OF FOOT PAIN MORTON'S NEUROMA

WHAT IS IT AND HOW CAN IT HAPPEN?

This is a thickening of the tissue around the nerve between the bases of the toes – usually between the third and fourth toes.

Numbness over the ball of the foot and pain on the top of the foot are usual symptoms, plus general foot pain. It is more common in women and can be the result of wearing ill-fitting shoes or from exercise such as running.

TREATMENT

- Custom-made orthotics to reduce pressure on the nerve
- Topical and oral painkillers
- Steroid injection into the area of foot pain – this is done by your GP
- Surgery – this is a last resort if all other treatment is not successful

Q+A

Question: How many bones – tarsals, metatarsals and phalanges – are there in the human foot?

Answer: 27

TOE PAIN

GOUT WHAT IS IT AND HOW CAN IT HAPPEN?

Gout can cause pain in the toes. It's an inflammatory condition in which crystals of urate deposit in joints causing severe pain and swelling. Gout is particularly common in the big toe.

TREATMENT

- Rest
- Daily medication – speak to your GP
- Topical painkillers – available from your GP or pharmacist
- Oral painkillers – available from your GP or pharmacist
- Changes in diet – drink less alcohol, drink more water, reduce the amount of protein you get from meat and change to alternative sources of protein such as beans, eggs, pulses and low fat dairy products

6% of people suffer with foot and ankle pain.

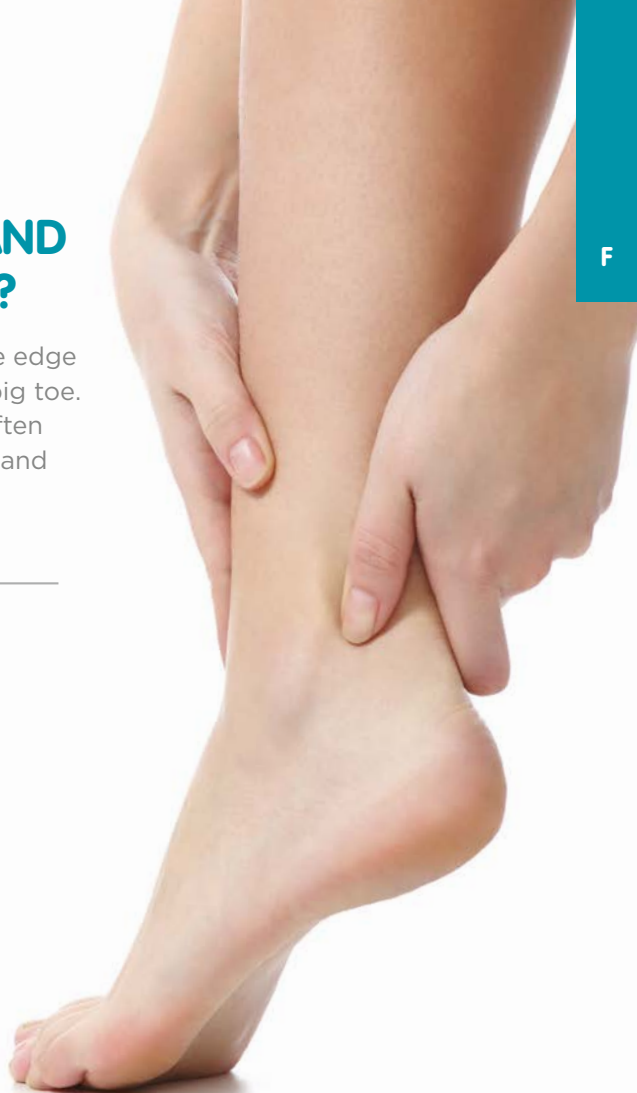
Survey conducted by OnePoll, Sept, 2014.

BUNION WHAT IS IT AND HOW CAN IT HAPPEN?

This is a bony prominence along the edge of the foot next to the base of the big toe. They can occur in anyone but are often caused by ill-fitting shoes in women and can be extremely painful.

TREATMENT

- Changing to more appropriate and comfortable footwear
- Orthotics – heel inserts that can be custom-made or bought from large pharmacies
- Surgery – bunions can be removed in a surgical procedure that requires a fairly long recovery





IS FOR

**GENERAL HEALTH
& FITNESS**



**SOME CAUSES OF PAIN CAN
BE TEMPORARY SUCH AS A
SPRAINED ANKLE OR TENNIS
ELBOW. BUT OTHERS ARE
LONG-TERM LIKE OSTEO OR
RHEUMATOID ARTHRITIS.**

With all cases of pain it is important to maintain good general fitness and wellbeing.

ALL YOU NEED TO REMEMBER IS THE BIG FOUR



Good diet



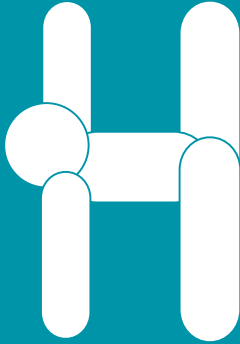
**Maintain an
appropriate
weight**



**Be regularly
active**



Adequate rest



IS FOR

HEAT & COLD THERAPY



HEAT AND COLD PACKS ARE A GOOD WAY OF TREATING SOFT TISSUE INJURIES AT HOME SUCH AS SPRAINS, INFLAMMATION, MUSCLE PAIN AND STIFFNESS

COLD THERAPY: With a bruise, sprain or strain there is some bleeding into the underlying tissues which may cause swelling (inflammation) and pain. Using ice treatment straight after the injury has happened and later during rehabilitation can help to:

- Prevent or reduce swelling
- Reduce muscle pain and spasm
- Reduce pain by numbing the area
- Reduce bleeding into the tissues

MAKING AN ICE PACK

Simply put some ice cubes in a food bag and wrap this in a tea towel. You can buy cold packs from large pharmacies if you often experience muscle pain e.g. from strenuous exercise.

Some people confess to making a cold pack from a tub of frozen ice-cream!

HOW TO USE AN ICE PACK

Press the ice pack to the affected area and leave on for 20-30 minutes. It is wise to check after 5 minutes that your skin isn't bright red or too pink. If it is, remove the pack straight away; if not, continue to leave for another 10 minutes and check again at regular intervals.

Note: ice can burn, so you can put a wet flannel on the affected area before applying the ice pack.



HEAT THERAPY

When an injury is older than 48 hours, heat can be applied. It causes the blood vessels to open (dilate) and brings more blood into the area to stimulate healing of damaged tissues. It also helps to relieve pain, stiffness and spasm, making the tissues supple.

MAKING A HEAT PACK

Wrap a filled hot water bottle in a towel and apply to the affected area. You can also purchase heat bags, heat pads and deep heat cream from pharmacies.

HOW TO APPLY A HEAT PACK

The heat pack should not be hot but gently warming. If excessive heat is applied there is the risk of burns and scalds. Check the skin at regular intervals.

Do not use heat on new 'acute' injuries as this will increase bleeding (in the tissues) around the area and may make the problem worse. However you can use heat on lower back strains or neck stiffness where the cause is muscle spasm rather than tissue damage.





IS FOR

IT'S YOUR MOVE



**DON'T LET PAIN STOP
YOU DOING THE THINGS
THAT YOU WANT TO DO
THERE ARE A NUMBER
OF THINGS YOU CAN DO
TO MANAGE YOUR PAIN**

TRY SOME OF THESE...

11% of people have missed
a special occasion because
of pain.

Survey conducted by OnePoll,
Sept, 2014.

MOVE MORE

Be regularly active even if it's a quick walk during your lunch break.

STRENGTHEN & STRETCH

Strengthening your muscles e.g. those that sit either side of your spine can help reduce and prevent pain.

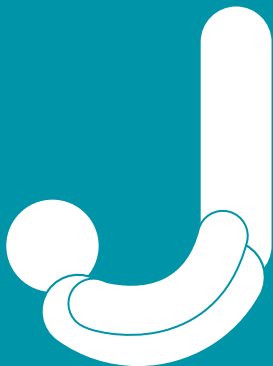
WARM UP

Before taking part in physical activity, remember to warm up your muscles to avoid over stretching.

ORAL & TOPICAL PAIN KILLERS

Oral tablets or topical painkiller creams or gels rubbed into the affected area can be a great help.





IS FOR

**JOINT &
MUSCLE PAIN**



**JOINTS ARE THE PARTS
OF THE BODY WHERE THE
BONES MEET. JOINT PAIN
CAN BE CAUSED BY MANY
CONDITIONS**

**HERE ARE SOME
COMMON PROBLEMS**

**ARTHRITIS WHAT IS IT AND
HOW CAN IT HAPPEN?**

Arthritis is inflammation of the joints in the body. There are two types of arthritis – osteo (OA) and rheumatoid (RA).

15% of people say driving
brings on their pain.

Survey conducted by OnePoll, Sept, 2014.

27% of people say doing household chores brings on pain.

Survey conducted by OnePoll, Sept, 2014.

Some people confess to hanging from a door frame to release their muscle or joint pain!

J

Cartilage cushions the bones at the joints and keeps the bones from rubbing against each other. OA, the most common form of joint disease, occurs when this cartilage wears away resulting in pain, reduced range of motion and swelling.

It can appear as a result of many different factors including age, gender and genes. OA affects many joints including the knees, fingers, neck, spine and toes.

HOW DO YOU TREAT OA?

OA is treated with regular exercise, hot and cold therapy using heat and ice packs, physiotherapy and topical and oral painkillers.

Topical painkillers are especially good for anyone with OA worried about using oral painkillers longer-term. Please note, topical painkillers obtained over the counter are only indicated to help non-serious arthritic conditions. Please speak with your pharmacist for further information and advice.

WHAT IS RHEUMATOID ARTHRITIS AND HOW DO YOU TREAT IT?

RA is the second most common form of arthritis in the UK affecting the body's joints, causing inflammation, pain and swelling. It's classified as an autoimmune disease which means the immune system mistakes the body's own cells as invaders. Usually joint damage from RA is symmetrical and that is one way GPs distinguish it from OA.

RA has no known cause or cure. Self-treatment options are the same as OA. GPs will administer oral painkillers, corticosteroids and drugs called disease-modifying-antirheumatic drugs (DMARDs) which are used to slow the progression of the disease.

TENDINITIS WHAT IS IT AND HOW CAN IT HAPPEN?

Tendons are thick cords which connect bones to muscles. When these become irritated or inflamed it is called tendinitis. It causes extreme pain and tenderness, making it difficult to move the affected joint.

COMMON EXAMPLES OF TENDINITIS

- Tennis and golfer's elbow - pain on the outside and inside of the elbow caused by repetitive movement
- Carpal Tunnel Syndrome - pain in the wrist, thumb, first and middle fingers caused by compression of the median nerve which runs through the wrist. The most common reason for this condition is pressure on the wrist caused by inflammation from an underlying condition such as pregnancy (fluid retention), thyroid condition or diabetes
- Sports injuries - affecting the tendons in various parts of the body



FIBROMYALGIA WHAT IS IT AND HOW CAN IT BE TREATED?

This chronic condition is classified as unexplained, widespread pain in the muscles and joints. It leads to tender spots all over the body even under a very light touch. It can also be associated with fatigue, poor sleep, depression and anxiety. The symptoms are often triggered by a trauma or bacterial infection but mostly it can occur for no apparent reason.

Treatment includes topical or oral over-the-counter painkillers applied to the affected areas, prescription medications from your GP, and gentle exercise like yoga and acupuncture.

POLYMYALGIA RHEUMATICA **WHAT IS IT AND HOW CAN IT HAPPEN?**

This is an inflammatory disorder that causes pain and stiffness in various parts of the body. Common areas to be affected are neck, shoulders, arms, thighs and hips. There is no known cause and it's more prevalent in women than men, particularly those aged over 55 years.

There is no cure for this condition. It is treated with corticosteroids, topical or oral anti-inflammatory painkillers and light exercise.

OTHER CAUSES

- Infections such as the flu and malaria
- Overuse and injury

TREATING MUSCLE PAIN FROM OVERUSE AND INJURY

For muscle pain from overuse or injury, rest that body part and take an over-the-counter pain reliever such as oral or topical painkillers.

Apply ice for the first 24 - 72 hours of an injury to reduce pain and inflammation. After that, heat often feels more soothing.

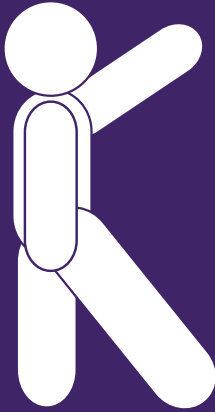
TRY THIS: Movelat is a topical painkiller which contains the ingredient MPS (mucopolysaccharide polysulfate). Movelat helps deliver powerful pain relief directly to aching joints and muscles. Always read the label.

Nearly a quarter of people say muscle and joint pain has affected their confidence.

Survey conducted by OnePoll, Sept, 2014.

A quarter of people (25%) struggle to get on with their everyday lives because of muscle or joint pain.

Survey conducted by OnePoll, Sept, 2014.



IS FOR

KNEE PAIN



ACUTE OR SUDDEN KNEE PAIN IS USUALLY CAUSED BY OVERUSING THE KNEE OR INJURING IT.

COMMON CAUSES OF KNEE PAIN INCLUDE

A SIMPLE STRAIN

If you have undertaken more activity than normal then you have probably strained the knee. This means the tissues of the knee have stretched but are not permanently damaged. Warm up and cool down carefully next time you exercise and build any activity slowly. Try low impact exercise like swimming which doesn't harm the knee joint.

DAMAGE TO THE MENISCI OR CARTILAGE

Between the upper and lower leg bones at the knee joint are pads of tissue called menisci. These cushion the bones, acting as shock absorbers so they can become worn as we age. A meniscus can also be torn after suddenly twisting the knee joint resulting in pain and swelling. This is a common problem for sports people such as footballers. The cartilage covering the bones of the knee joint can also be damaged by injury.

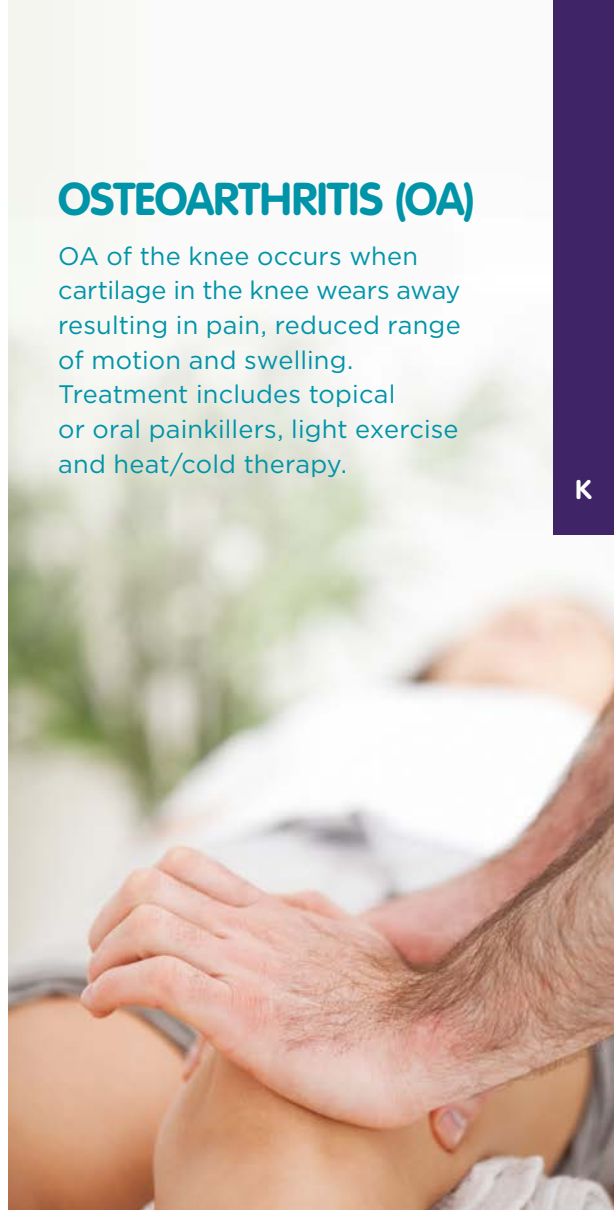
These issues can heal without treatment but if there is damage to the menisci this can sometimes require an operation to repair the torn pad of tissue.

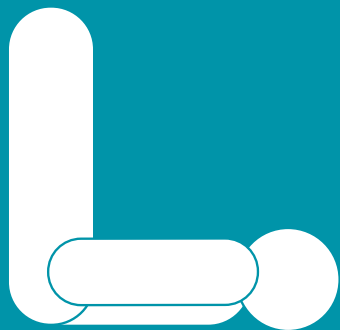
13% of people in the UK have knee pain.

Survey conducted by OnePoll, Sept, 2014.

OSTEOARTHRITIS (OA)

OA of the knee occurs when cartilage in the knee wears away resulting in pain, reduced range of motion and swelling. Treatment includes topical or oral painkillers, light exercise and heat/cold therapy.





IS FOR

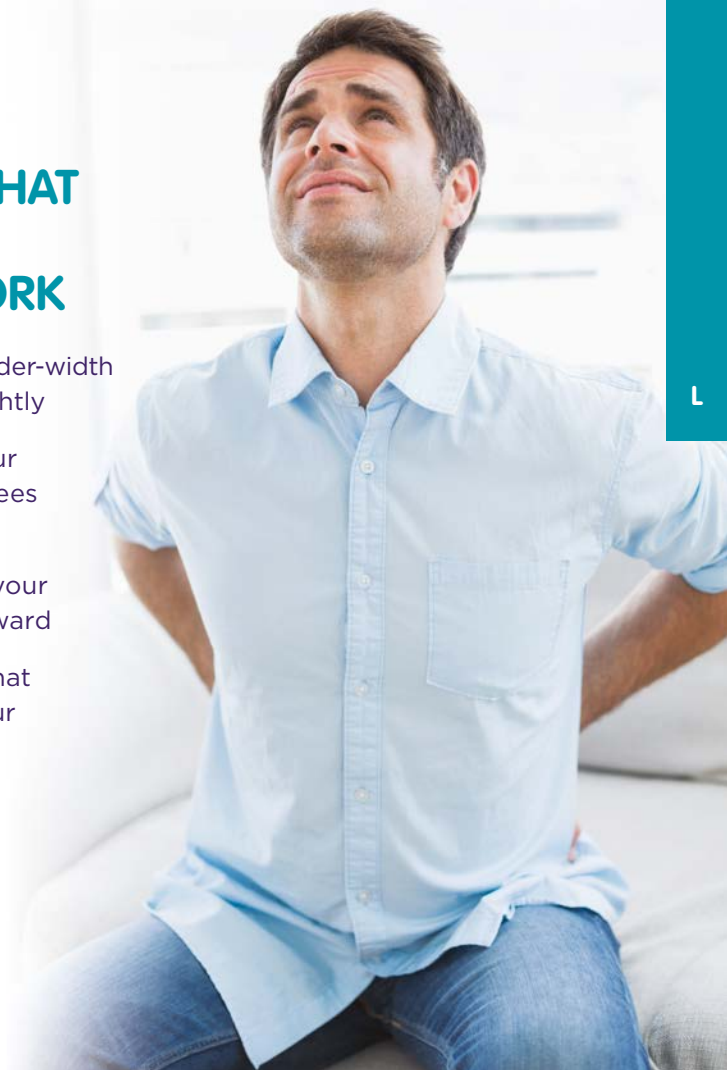
LIMBERING UP

**BEFORE YOU DO ANY
EXERCISE – INCLUDING
EVERYDAY ACTIVITIES
LIKE GARDENING, GET
YOUR BODY WARMED
UP AS THIS CAN
PREVENT INJURIES BY
SOFTENING UP MUSCLES
AND TENDONS**



THIS IS A SIMPLE BACK STRETCH THAT YOU CAN DO AT HOME OR AT WORK

- Stand with your feet shoulder-width apart and knees bent slightly
- Lean forward, placing your hands just above your knees
- Round your back so that your chest is closed and your shoulders are curved forward
- Then arch your back so that your chest opens and your shoulders roll back
- Repeat several times





IS FOR

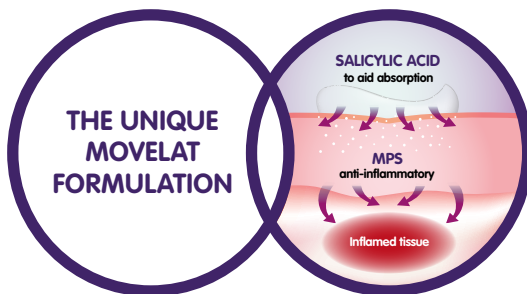
MOVELAT



**DON'T LET ACES AND
PAINS HOLD YOU BACK
FROM EVERYDAY LIFE**
MOVE ON WITH MOVELAT

**MOVELAT'S UNIQUE FORMULA
DELIVERS A CLINICALLY PROVEN
ANTI-INFLAMMATORY EXACTLY
WHERE YOU NEED IT**
**PROVIDING POWERFUL PAIN
RELIEF FOR ACHING JOINTS
AND MUSCLES**

PAIN RELIEF LIKE NO OTHER...



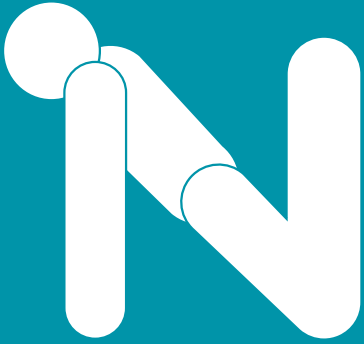
Unlike traditional oral pain relief tablets, because Movelat is applied to the skin at the site of pain, less of the medicine circulates in the body. Therefore, there is less risk of the side effects such as GI issues which can be associated with taking some pain killing tablets.

Visit **www.movelat.co.uk**
to find out more.
Always read the label.

The MPS (mucopolysaccharide polysulfate) and Salicylic Acid work together, with the Salicylic Acid gently softening the skin to allow the MPS to be absorbed where the inflamed and painful tissues are.

MOVELAT. PAIN RELIEF LIKE NO OTHER

- Unique dual action formula for powerful pain relief exactly where it's needed
- Over 50 years of heritage
- Unlike cooling gels and heat patches that work by only cooling or heating the skin, Movelat delivers an anti-inflammatory and clinically proven pain relieving ingredient MPS (mucopolysaccharide polysulfate) straight to the site of pain
- Movelat gives you the choice of a cream or a gel format
- Movelat is easily absorbed



IS FOR

**NECK AND
SHOULDER PAIN**



**SOME PEOPLE ONLY
EXPERIENCE NECK PAIN
OR JUST SHOULDER
PAIN WHEREAS OTHERS
SUFFER WITH BOTH
AREAS OF THE BODY**

CAUSES OF NECK PAIN:

- Poor posture
- Trauma such as a car accident or fall
- Abnormalities in the bone or joints
- Muscle strain
- Degenerative disease of the spine

CAUSES OF SHOULDER PAIN

The shoulder is a ball and socket joint with a large range of movement which is more susceptible to injury than other joints. Causes of shoulder pain include:

- Dislocation
- Tendinitis from overuse (inflammation of the tendons)
- Strains from overuse
- Frozen shoulder - when the flexible tissue that surrounds the shoulder joint, known as the capsule, becomes inflamed and thickened
- Trapped nerves

It is estimated that up to 1 in 20 people in the UK may be affected by frozen shoulder at some point in their life.

<http://www.nhs.uk/Conditions/Frozen-shoulder/Pages/Introduction.aspx>

TREATMENT FOR NECK AND SHOULDER PAIN

- Anti-inflammatory medication such as ibuprofen and pain killers such as paracetamol
- Heat and cold packs depending on when the injury took place. Less than 24 hours afterwards, use cold; after that, apply heat to relieve the pain
- Topical painkillers including creams and gels
- GPs can administer local corticosteroid injections for shoulder pain
- Exercise
- Osteopathy
- Physiotherapy
- Acupuncture

With persistent trapped nerve conditions, surgery may be an option. Your GP will advise you on the best course of treatment.







IS FOR

OSTEOARTHRITIS



THERE ARE TWO TYPES OF ARTHRITIS – OSTEO (OA) AND RHEUMATOID (RA)

OA is the most common form of joint disease which causes joint pain and stiffness.

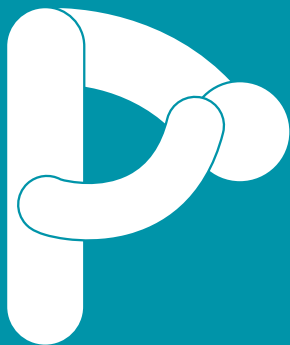
It can appear as a result of many different factors including age, gender and genes.

RA, an autoimmune disease, is the second most prevalent type of arthritis in the UK affecting the body's joints, causing inflammation, pain and swelling.

Treatment for OA includes topical or oral painkillers, light exercise, osteopathy, acupuncture, physiotherapy and hot/cold therapy.

RA has no known cause or cure. Self-treatment options are the same as OA. GPs will administer oral painkillers, corticosteroids and drugs called disease-modifying-antirheumatic drugs (DMARDs) which are used to slow the progression of the disease.





IS FOR PAINKILLERS



DIFFERENT PAINKILLERS – OR ANALGESICS – WORK FOR DIFFERENT TYPES OF PAIN

For pain associated with inflammation such as back pain or headaches, oral analgesics like paracetamol, aspirin and ibuprofen are the best option. You can use them for mild to moderate pain but you shouldn't use them at high doses for long-term pain.

64% of people use pain relieving tablets to manage their pain.

Survey conducted by OnePoll, Sept, 2014.

PARACETAMOL

This painkiller is taken for conditions such as reducing a fever, headaches, muscular pains and osteoarthritis. It does not have an anti-inflammatory effect so conditions such as rheumatoid arthritis would require paracetamol to be taken in combination with a non-steroidal anti-inflammatory drug (NSAID).

ASPIRIN

Aspirin, an NSAID, is used to reduce fever and relieve mild to moderate pain such as muscle ache, toothache and headaches. It may also be used to reduce pain and swelling.

IBUPROFEN

This NSAID is used to ease mild to moderate pain, swelling and inflammation. It can be taken in combination with paracetamol.

DICLOFENAC

Another example of an NSAID is diclofenac which is commonly prescribed by GPs for sprains and strains, pain after surgical operations and arthritis.

COMBINED PAINKILLERS

Some painkillers contain a combination of two ingredients such as paracetamol, codeine* and aspirin e.g. co-codamol.

NEUROPATHIC OR NERVE PAIN

If the pain is caused by sensitive, inflamed or damaged nerves (neuropathic pain) e.g. in the case of shingles or sciatica, it is usually treated with specific tablets. Neuropathic pain can also be alleviated by NSAIDs.

Please always read the label and consult your GP or pharmacist for advice when considering taking more than one medication.

*Can cause addiction, for three days use only.

TOPICAL PAINKILLERS

Topical painkillers include pain relieving creams and gels which you can get from your GP or pharmacist. They are rubbed into the skin at the site of pain and deliver the medicine directly to where it is needed.

Unlike traditional oral pain relief tablets, because topical painkillers are applied to the skin at the site of pain, less of the medicine circulates in the body. Therefore, they are less likely to irritate the stomach.

Many topical painkillers also include ingredients such as ibuprofen and diclofenac. There are also topical painkillers available that don't contain either of these active ingredients.

MPS (mucopolysaccharide polysulfate)

Used topically, MPS penetrates the skin to work at the site of pain and provide pain relief.

Some painkillers are available over the counter without prescription. Your GP or pharmacist will be able to recommend a suitable painkiller for you.

Unlike cooling gels and heat patches that work by only cooling or heating the skin, MPS is an anti-inflammatory and clinically proven pain relieving ingredient which is delivered straight to the site of pain. So speak to your GP or pharmacist to see if they are the right treatment for you.

WHERE CAN I GET PAINKILLERS FROM?

You can buy some painkillers over the counter at chemists but others are prescription only from your doctor.

Speak to your GP to find out which painkillers are the right option for you.

Did you know?

Painkillers are often also referred to as analgesics. The word analgesic derives from Greek words $\alpha\lambda\gamma\epsilon\sigma$, “without”, and $\lambda\gamma\omicron\varsigma$, “pain”.

TRY THIS: Movelat is a topical painkiller

which contains the ingredient MPS (mucopolysaccharide polysulfate). Movelat helps deliver powerful pain relief directly to aching joints and muscles. Always read the label.



IS FOR

**QUICK RELIEF
1,2,3**



**IF YOU'RE SUFFERING FROM
PAIN THERE ARE SOME
QUICK SELF-HELP OPTIONS
AVAILABLE TO YOU**

1 ICE PACKS

For acute injuries such as a strained or sprained muscle, apply a cold pack to the area made from ice cubes wrapped in a towel. This may prevent bruising and in most cases provide instant relief.

2 ORAL AND TOPICAL PAINKILLERS

Don't wait until the pain has got too bad. It's better to use a painkiller at the start of a problem because it can be difficult to get pain under control when it is very far down the line. Oral painkillers such as paracetamol and topical painkillers which you apply to the skin in the form of a gel or cream are available from your pharmacist.

3 LIGHT EXERCISE AND STRETCHING

Whilst you might not feel like exercising when you're in pain, in the case of muscle aches or osteoarthritis a light option can be helpful. Gentle exercise can help stretch the area and keep muscles supple. Walking and swimming are great options and they cost next to nothing.

Although pain may make it harder to exercise, staying active is one of the best things you can do to feel better. Exercise can help you lose weight, sleep better, and boost your mood.

[http://www.webmd.com/pain-management/ss/slideshow-chronic-pain-myths-facts "pain"](http://www.webmd.com/pain-management/ss/slideshow-chronic-pain-myths-facts-pain)



IS FOR

**REST &
RELAXATION**



**SOMETIMES, DOING
NOTHING IS THE BEST
WAY TO TREAT CERTAIN
TYPES OF PAIN SUCH AS
NECK PAIN OR BACK PAIN**

**QUITE SIMPLY, REST TAKES
THE PRESSURE OFF YOUR
BODY AND GIVES YOUR
MUSCLES, JOINTS AND
TENDONS THE CHANCE
TO REPAIR ON THEIR OWN**

This doesn't mean weeks of bed rest which used to be prescribed in the old days. Current thinking is that you need just a few days to get the healing process started.

TAKE A BATH

A warm bath can work wonders for pain – including neck, back, shoulder, arm – you name it. The heat can be hugely therapeutic and the bath itself very relaxing.

GO FOR A GENTLE STROLL

Active rest is a modern term and it just means using gentle exercise to recover e.g. for muscular pain. A gentle stroll is a great way to keep muscles and tendons supple and it's fantastic for the soul too.

MAKE TIME FOR A MASSAGE

Massage is a great way to relieve tight muscles in the body and combat pain. There are many different types – from sports to Swedish body massage. Speak to a trained massage therapist to find out which is the right one for you. Research practitioners on the internet or ask a friend or family member for a recommendation.

Just under half of people (47%) say their biggest fear is that their aches and pains prevent them from living a full life.

Survey conducted by OnePoll, Sept, 2014.



IS FOR

**SPRAINS &
STRAINS**



**MOST PEOPLE WILL HAVE
SUFFERED A SPRAIN OR
STRAIN AT SOME POINT
IN THEIR LIVES**

**THEY ARE EXTREMELY
COMMON, AFFECTING
MUSCLES AND LIGAMENTS**

Ligaments are strong bands of tissue around joints that connect bones to one another.

A sprain or strain can occur if you fall or land awkwardly or change direction suddenly. Sport is often the culprit.

SPRAINS HOW DO THEY HAPPEN?

These occur when a ligament has been stretched, twisted or torn as a result of excessive force being applied to a joint. Women may have twisted their ankle wearing high heels on a night out!

SYMPTOMS

- Pain, swelling, bruising and tenderness around the joint
- Not being able to put weight on the joint e.g. in the case of an ankle or knee

Swelling from a sprain can happen very quickly after the injury, whereas bruising may take a while to show up.

11% of people currently have joint or muscle pain caused by a new sporting activity they've taken up.

Survey conducted by OnePoll, Sept, 2014.

STRAINS

WHY DO THEY OCCUR?

These happen when muscle fibres stretch or tear. They are particularly common in the legs and back – you may have heard footballers complaining about hamstring strains.

SYMPTOMS

- Pain
- Muscle spasm
- Swelling, bruising
- Loss of function of the affected muscle
- Blood collecting under the skin at the site of the strain which looks like a large, dark-red bruise (also known as a haematoma)



TREATMENT

For minor sprains and strains, think RICE

- Rest
- Ice
- Compression
- Elevation

Also

- Get moving – try gently moving a sprained joint as soon as you can. However, a strained muscle should be immobilised for a few days
- Oral and topical painkillers – both of these are available from your GP or pharmacist. Topical painkillers are applied to the affected area and can provide great relief

Try this: Movelat is a topical painkiller which contains the ingredient MPS (mucopolysaccharide polysulfate). Movelat helps deliver powerful pain relief directly to aching joints and muscles. Always read the label.

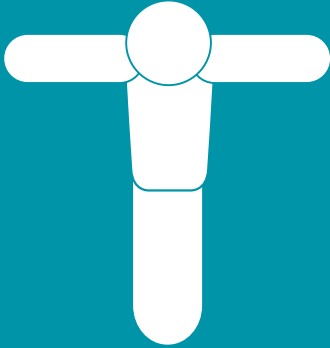
You should be back to fitness within 6–8 weeks, however severe sprains and strains may take longer to heal. In some cases the symptoms are persistent.

HOW TO AVOID MUSCULAR PAINS AND STRAINS

- Warm up properly before exercise, even gardening or walking
- Wear the correct footwear e.g. for running
- Stretch or warm down after exercise
- Do regular strengthening and flexibility exercises

13% of people have current muscle or joint pain caused by exercise they do regularly.

Survey conducted by OnePoll, Sept, 2014.



IS FOR

**TOPICAL
PREPARATIONS**



**TOPICAL PREPARATIONS
ARE PREPARATIONS
APPLIED DIRECTLY TO
THE SKIN AT THE SITE
OF PAIN**

**THEY INCLUDE
HOT AND COLD
RUBS, PATCHES
AND PAINKILLERS**

HOW CAN THEY HELP ME?

- Rheumatic pain
- Muscular pain like back, shoulder or neck pain
- Muscular stiffness
- Sprains and strains
- Mild arthritic conditions

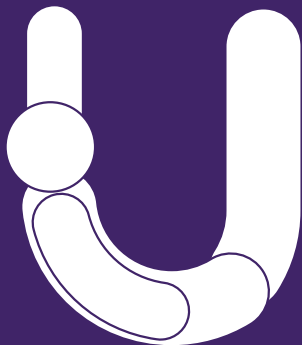
Some painkillers are available over the counter without prescription. Your GP or pharmacist will be able to recommend a suitable painkiller for you.

Nearly 30% of people have used creams or gels to manage their pain.

Survey conducted by OnePoll, Sept, 2014.

KEY TYPES OF TOPICAL PREPARATIONS

- **Non-steroidal anti-inflammatory drugs** such as ibuprofen and mucopolysaccharide polysulfate.
- Unlike traditional oral pain relief tablets, because topical painkillers are applied to the skin at the site of pain, less of the medicine circulates in the body. Therefore, they are less likely to irritate the stomach.
- **Rubefacients and salicylates**
Many heat rubs and cooling gels fall into these categories. They warm or cool the skin, increase blood flow to the area and cause irritation and reddening to counter pain. They are often available over-the-counter or prescribed by a GP or other healthcare professional.



IS FOR

**UNDERSTANDING
PAIN**

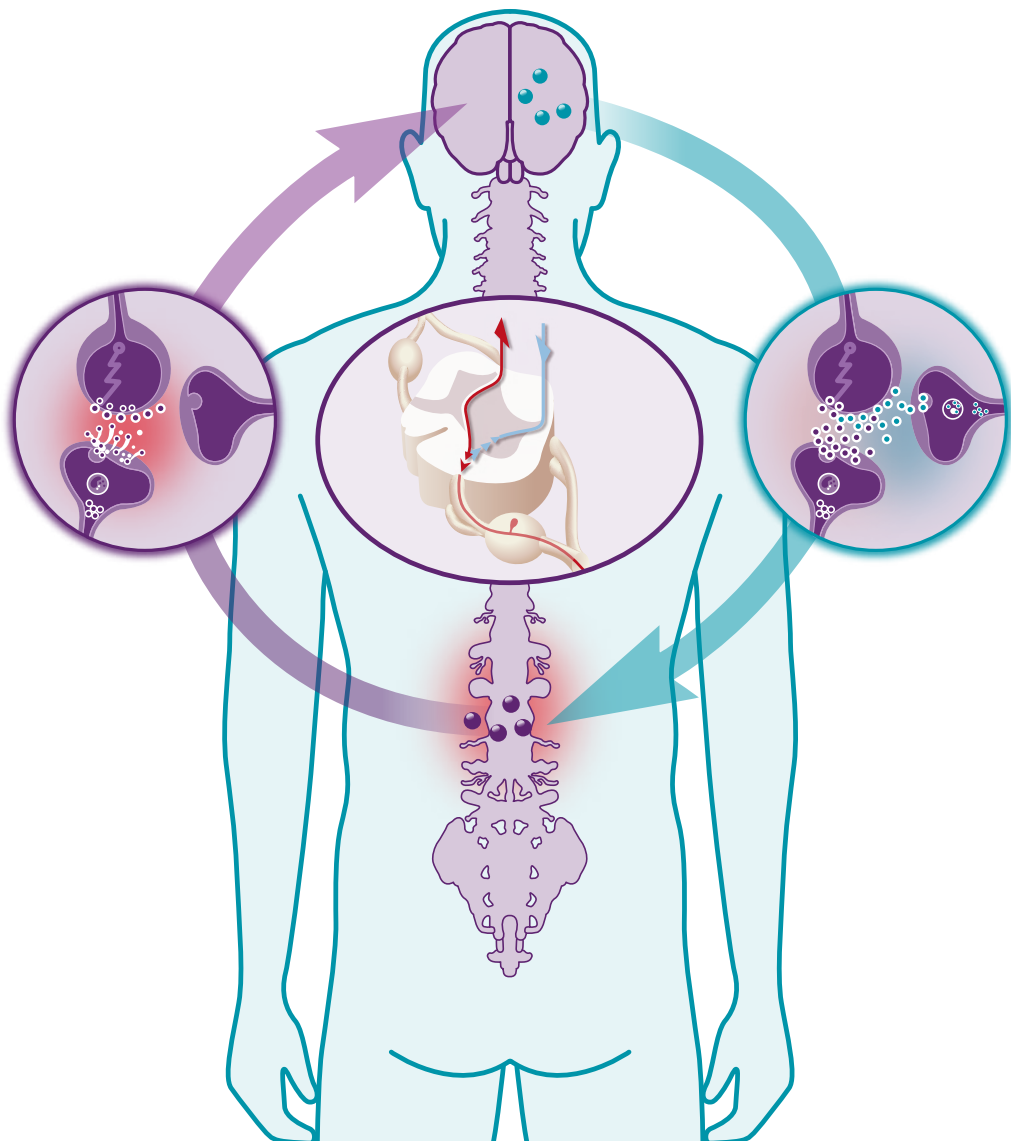


**WHEN WE FEEL PAIN,
SUCH AS WHEN WE STRAIN A
MUSCLE, SENSORY RECEPTORS
IN OUR SKIN SEND A MESSAGE
VIA NERVE FIBRES TO THE
SPINAL CORD AND BRAINSTEM**

It then carries onto the brain where the sensation of pain is registered, the information is processed and the pain is perceived.

DID YOU KNOW?

The gate control theory of pain was put forward by Ronald Melzack and Patrick Wall in 1965. They proposed that there was a 'gate' mechanism in the central nervous system that opened to allow pain messages through to the brain and closed to prevent them getting through.





HOW WE FEEL PAIN

- 1 Pain receptors (nociceptors) in the skin are activated by tissue damage e.g. when you sprain your ankle
- 2 An electric signal travels up a nerve to the spinal cord
- 3 Within the spinal cord, electrical signals are transmitted by chemical messengers (neurotransmitters) and then passed up to the brain
- 4 In the brain, the signals pass to the thalamus – a sorting station that relays the signals to different parts of the brain. The somatosensory cortex is responsible for physical sensation, the frontal cortex is in charge of thinking and the limbic system is linked to emotions
- 5 The end result is that you feel a sensation of pain

TYPES OF PAIN

Acute

This is short-lived pain which warns the body that damage has occurred at the tissue level e.g. from a sprain or strain.

Chronic

This can be caused by ongoing tissue damage such as with osteoarthritis. In some cases pain persists long after the injury has healed.

Neuropathic

This is the result of abnormalities with the system that carries and interprets pain – the nerves, spinal cord and brain. It's felt as a burning, tingling, shooting or electric sensation like that experienced with shingles.

Nocioceptive pain

This is caused by an injury to body tissues e.g. a cut, burn or fracture. It can be sharp, aching and throbbing, constant and intermittent.



IS FOR

VISITING A HEALTHCARE PROFESSIONAL



VISITING A GENERAL PRACTITIONER

In some cases of pain it's worth visiting your GP, but that depends on how severe it is and where specifically in the body you are experiencing it.

Most cases of pain get better on their own and you do not need to see a doctor. However, if you have tried many of the tips and advice and your pain isn't easing or is getting worse you may want to speak to a healthcare professional. They will be able to assess you further and if necessary refer you to a specialist or a physiotherapist, or prescribe treatment to help you manage your pain. If in doubt make an appointment with your GP or ring the NHS 111 service.

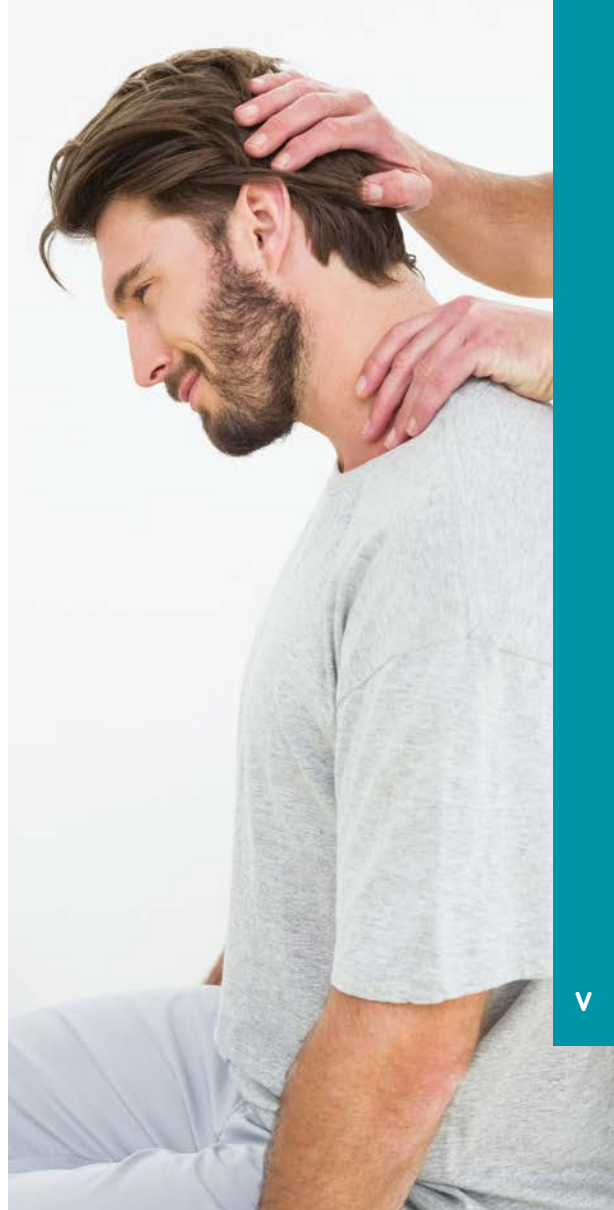
VISITING A PHYSIOTHERAPIST

Your GP may refer you on to a physiotherapist. These healthcare professionals will use a variety of techniques such as massage and manipulation to relieve the pain and stiffness. You may also be given exercises to strengthen the muscles and prevent future problems. Some physiotherapists may also prescribe treatment for your pain.

SELF-HELP

If you have strained or sprained a muscle, are experiencing aching joints or suffering with back problems, there are many self-help options to help ease the pain. Try:

- **Topical and oral painkillers**
 - speak to your pharmacist to find out which are the right ones for you
- **Heat and cold therapy** – heat or ice packs applied to the affected area can really help relieve pain, particularly muscle aches





IS FOR

WRIST AND HAND PAIN




**PAIN AND OTHER PROBLEMS
IN THE HANDS AND WRISTS
CAN BE CAUSED BY INJURY,
CERTAIN ACTIVITIES OR OTHER
HEALTH PROBLEMS**

Is the pain worse when you move your hand or wrist?

This could be a sprain.

TREATMENT

- Avoid activities that cause pain
- Apply ice and try not to move your hand or wrist
- Use an over-the-counter medicine such as topical or oral painkillers to relieve pain and reduce swelling



Does the pain get worse when you carry out repetitive movement like typing or playing a sport?

This could be tendinitis, inflammation of the tendon which joins muscles to bones.

TREATMENT

- Stop the activity which caused the problem
- Apply an ice pack
- Use an over-the-counter medicine such as topical or oral painkillers to relieve the pain

3% of people experience wrist pain.

Survey conducted by OnePoll, Sept, 2014.

DO YOU HAVE NUMBNESS, TINGLING AND PAIN IN YOUR FINGERS AND THUMB, PARTICULARLY YOUR INDEX AND MIDDLE FINGERS?

This could be Carpal Tunnel Syndrome caused by compression of the median nerve which runs through your hand, wrist and arm. The compression comes about through inflammation of the tissues or excess fluid in the case of pregnancy.

TREATMENT

- An elastic support or splint can be effective – both of which can be purchased at large pharmacies
- Complementary therapy treatments such as massage, yoga and osteopathy can also be useful
- If the pain persists your GP may refer you to a physiotherapist

IS ONE OR MORE OF YOUR JOINTS SWOLLEN AND TENDER?

You may have rheumatoid (RA) or osteoarthritis (OA), or gout.

TREATMENT

OA causes joint pain and stiffness whilst RA is an autoimmune disease with inflammation, pain and swelling as its symptoms.

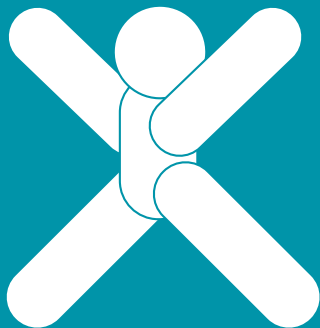
Treatment for OA includes topical or oral painkillers, light exercise, osteopathy, acupuncture, physiotherapy and hot and cold therapy.

RA has no known cause or cure. Self-treatment options are the same as OA. GPs will administer oral painkillers, corticosteroids and drugs called disease-modifying-rheumatic drugs (DMARDs) which are used to slow the progression of the disease.

Gout is a form of arthritis which mainly affects the big toes and is caused by a build-up of urate in the body. Changing your diet can help, such as reducing red meat, cutting back on alcohol and drinking more water.

HOW TO AVOID MUSCULAR PAINS AND STRAINS

- Warm up properly before exercise, even gardening or walking
- Wear the correct footwear e.g. for running
- Stretch or warm down after exercise
- Do regular strengthening and flexibility exercises



IS FOR

**X-RAYS AND
MRI SCANS**



**FOR PERSISTENT PAIN,
YOUR GP MAY REFER
YOU FOR AN X-RAY OR
MAGNETIC RESONANCE
IMAGING (MRI) SCAN**

Sometimes, analgesics or physiotherapy may not resolve pain – whether it's in your shoulder, neck, back, or knee. In such cases, your GP may refer you for a scan. These are carried out at your local hospital by a specialist radiographer and the results sent to your GP for assessment.

X-RAYS

X-rays can reveal narrowing of the space between two spinal bones, arthritis, tumours, slipped or herniated discs, narrowing of the spinal canal, fractures and instability of the spinal column. It can also be used to examine internal organs such as the lungs to identify problems.

MRI

This non-invasive procedure produces detailed images of inside the body. During the scan you lie on a flat bed inside a tube that contains powerful screening equipment. It can examine almost every part of the body including:

- Bones and joints
- Brain and spinal cord
- Breasts
- Other internal organs such as liver or uterus
- Heart and blood vessels





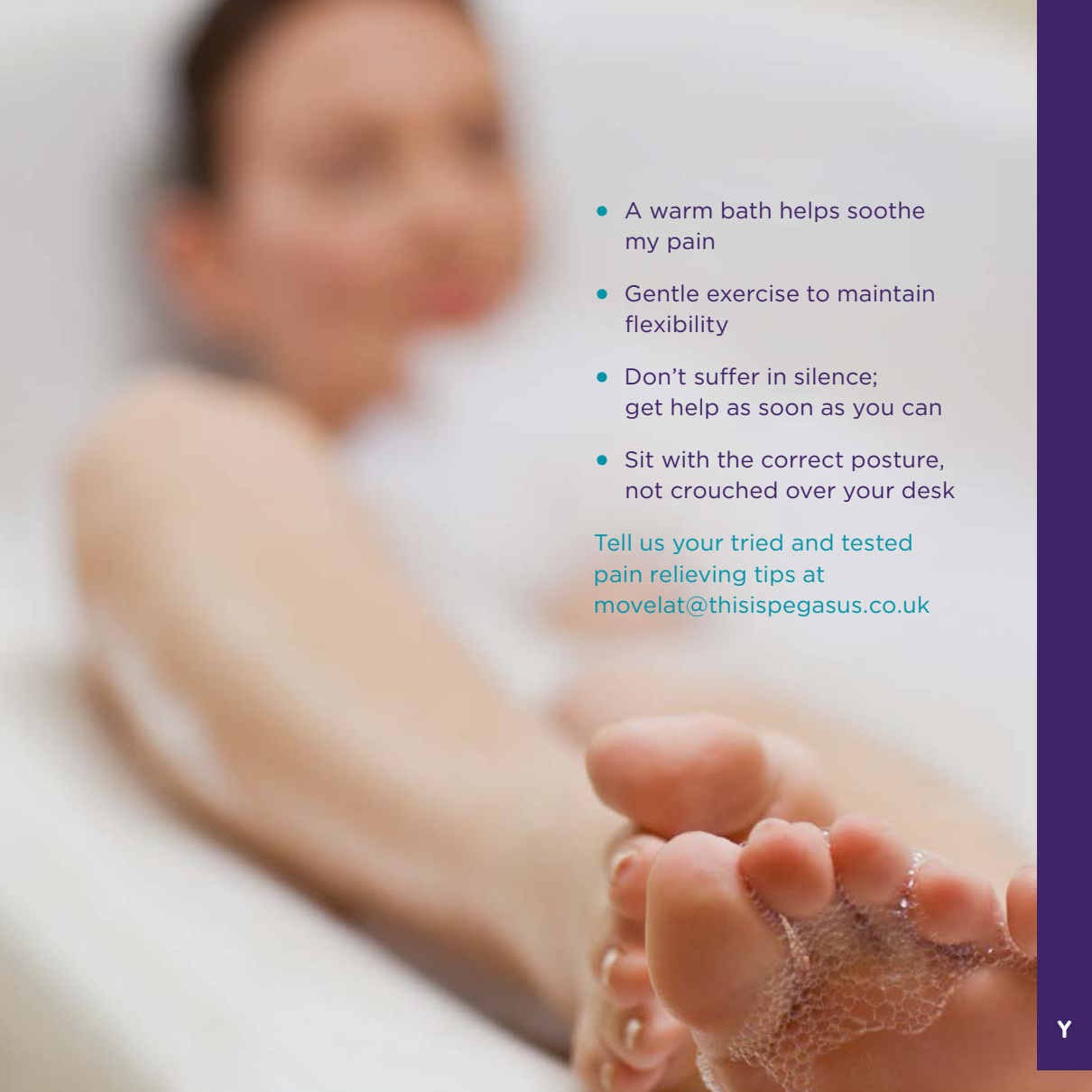
IS FOR

YOU

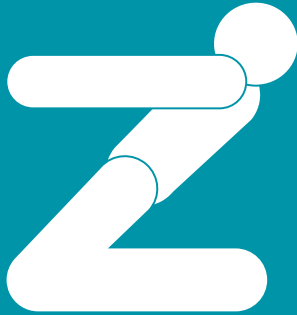


**WHEN IT COMES TO
MANAGING PAIN
WE ARE ALL DIFFERENT
SO DO WHAT WORKS
BEST FOR YOU**

Here are some great tips from people
who suffer with muscle or joint pain.

- 
- A warm bath helps soothe my pain
 - Gentle exercise to maintain flexibility
 - Don't suffer in silence; get help as soon as you can
 - Sit with the correct posture, not crouched over your desk

Tell us your tried and tested
pain relieving tips at
moveat@thisispegasus.co.uk



IS FOR

**ZZZZZS
AND SLEEP**



**WE ALL KNOW THAT SLEEP
DEPRIVATION TAKES ITS TOLL
ON OUR BODY, MIND AND
OVERALL HEALTH**

**WHAT MIGHT COME AS A
SURPRISE IS THAT DURING
SLEEP THE BODY'S CELLS
REPAIR AND REGENERATE**

Therefore your muscles and soft tissues will heal themselves after injury or surgery. Chronic lack of sleep is linked to colds and flu, diabetes, heart disease and obesity*; however, sometimes it can be a vicious circle when you can't sleep because of your pain.

*Ref. www.nhs.uk

HERE ARE SOME SIMPLE WAYS TO ACHIEVE THE GOOD SLEEP GOAL

- 1 Wind down before bed by reading a book or listening to music
- 2 Don't use electrical equipment such as laptops or phones before or in bed as the light they emit can stimulate your brain
- 3 Take a bath before you go to sleep to help you relax
- 4 Make sure your bedroom is the right temperature – not too cold or too hot
- 5 Blackout blinds can be helpful too

To make sure your body can repair worn or damaged bones, tendons and ligaments, get at least 7 hours of quality sleep at night.



Clear out? Or work out?



Proud to Sponsor



It's your move.

When you're getting back into sport, don't let sprains, strains and stiffness hold you back. We can support you with pain relief like no other – our unique formula delivers a clinically proven anti-inflammatory exactly where you need it.

Ask your pharmacist for Movelat.

Available without prescription from pharmacies nationwide.

www.movelat.co.uk



**A unique formula for
Pain relief like no other**

Always read the label

FOR FURTHER INFORMATION ON THE TOPICS COVERED OR FOR USEFUL SOURCES ON HEALTH CONDITIONS

VISIT OUR WEBSITE – WWW.MOVELAT.CO.UK

NHS DIRECT – Call 111 or visit www.nhsdirect.nhs.uk

NHS CHOICES – www.nhs.co.uk

HEALTH ADVICE – www.patient.co.uk

ALLERGY ADVICE – www.allergy.co.uk

FIRST AID ADVICE – www.redcross.org.uk

ARTHRITIS RESEARCH UK – www.arthritisresearchuk.org

**FOR ANY HEALTHCARE ADVICE, ALWAYS VISIT YOUR
PHARMACIST OR FAMILY GP**

Movelat[®]

Movelat[®]

Always read the label