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Joint Pain

Overview

Joint pain is a common problem for many people. It can keep you from doing the things you want to do. It can make it hard for you to be as active as you like. Let's take a moment to learn about the causes of joint pain, and what you can do about it.

Injury

Sometimes, joint pain is caused by injury. Overuse, strains, sprains or fractures can all damage the tissues and bones of a joint. Infections can cause joint pain, too.

Aging and other causes

But often, joint pain is simply a result of the wear-and-tear of aging. For older people, it may be linked to things like osteoarthritis or bone spurs. And sometimes, joint pain is more mysterious. It may seem to happen for no reason, and it may affect several joints at once. If you have joint pain that you can't explain, it may be related to an autoimmune disease like rheumatoid arthritis or lupus. And, if you have joint pain in your big toe, it could be caused by a form of arthritis we call "gout."

Conclusion

If your joint pain resulted from injury, home care may be enough. Rest, pain relievers, warm baths and gentle stretching can help. If your pain is severe, long-lasting or unexplained, make a doctor's appointment. Your doctor will create a care plan that's right for you.