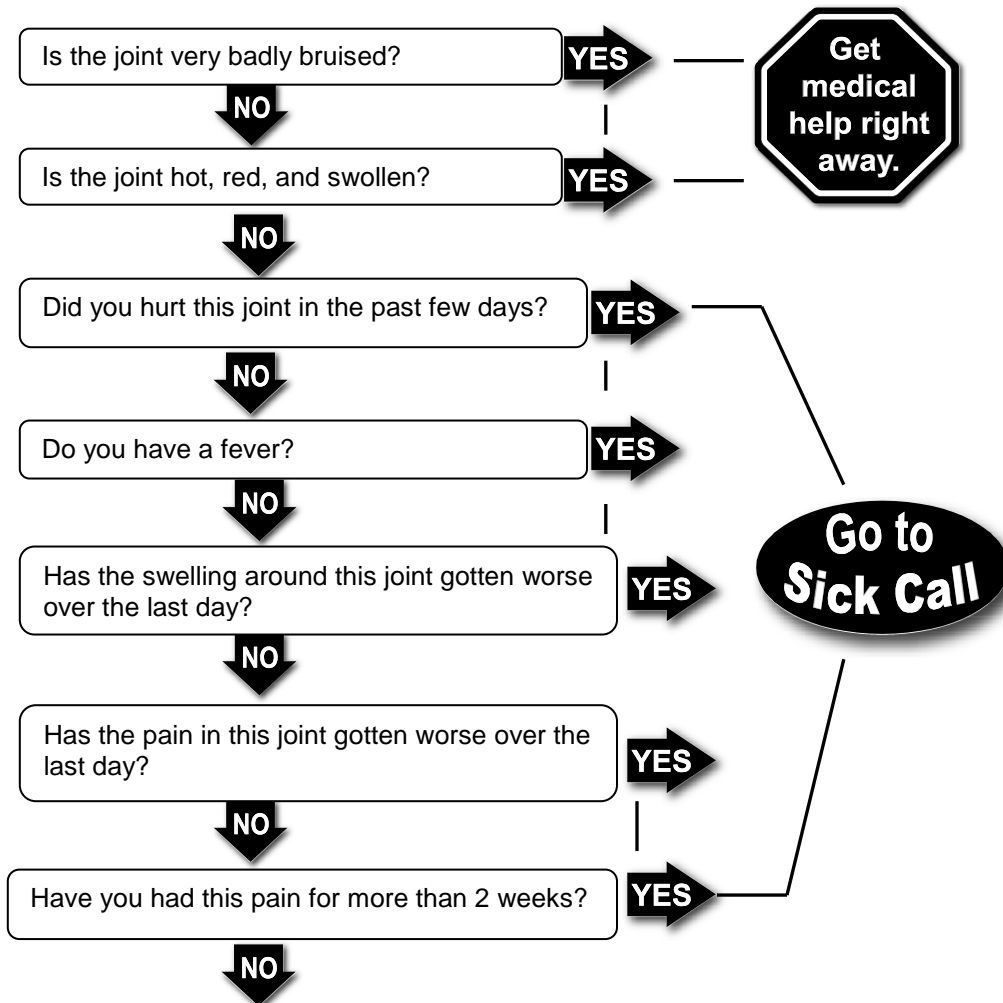


These instructions are to be used as part of the Self-care Program. The following diagram can help you decide if your ailment is minor enough to be treated with Self-care measures without seeing a healthcare provider. This information is not for clinical use.

1. Start at the top of the diagram.
2. Answer each symptom evaluation question in order by following the appropriate YES or NO arrow.
3. If you answer NO to all questions it is probably appropriate for you to use self-care measures.
4. You are the best judge of your own health. If you are having trouble performing your duties or have a symptom that is not listed, see a healthcare provider.

Self-care Instructions for Joint Pain

Joints - shoulders, spine, elbows, wrists, hands, hips, knees, ankles or feet - are where our bodies bend. Using a joint too much or in the wrong way can hurt it. You will know a joint is hurt if it is painful, swollen or puffy, stiff, red, bruised, or is warmer than usual. Strains and sprains are the most common cause of joint pain. If one of your joints hurts, use this symptom evaluation chart.



Use self-care measures:

RICE Protocol:

- **REST:** If possible, rest the injured joint from strenuous activity for 1 to 2 days.
- **ICE:** Put a cold pack on the injured joint for 20 minutes. Repeat every 2 to 3 hours during the first day or two -- especially right after any activity. You can make a cold pack by putting ice in a plastic bag or wrapping ice in a towel. Don't put ice directly on your skin – this can cause ice burns. NEVER USE HEAT.
- **COMPRESSION:** Elastic sleeves or elastic wraps like ace bandages around the injured joint help reduce swelling. Don't wrap the elastic too tightly.
- **ELEVATION:** If possible, the injured area should be raised above mid-chest to reduce swelling.
- Use an over-the-counter anti-inflammatory medication such as ibuprofen or aspirin as directed to reduce swelling. Acetaminophen is a good pain reliever but will not reduce the swelling.

Go to sick call if the pain continues for more than 2 weeks or if you are having trouble performing your duties. Follow the chart if you get any of the symptoms listed.