

Muti-site Aches and Pains

Information for Patients



This leaflet has been written to give you the right information about multi-site aches and pains and what you can do to help with your recovery.

Why have I got lots of aches and pains?

As you might expect, this is a difficult question as the answer will be different from person to person. In some cases, the answer might seem a bit easier as you may have a specific diagnosis, however in most cases it is very difficult to pinpoint why someone is in pain.

What can you tell me about my pain?

It might feel frustrating when you don't get a straight answer to a question but again, this will be difficult to answer as there are lots of things that can influence pain for a person.

What we can tell you is that our understanding of pain has hugely increased and improved over time. We now know that there are a huge number of things that can make pain worse or better or even just change how you feel it. Some of these things might be obvious and easily understandable such as movement, stiffness or being unfit, however some might be less obvious and harder to understand like mood, worry, lack of sleep or past experiences with pain.

What can physio do for me?

Pain can be influenced by lots of things and some of those things might be easier to change (i.e. you can move more, get fitter or get stronger) however, some of the other influences might be harder to address to begin with. Treatment for the more obvious things that might contribute to a painful problem might be things you recognise like exercise, lifting weights or time in a gym, but treatment for the less obvious or less familiar influences on pain might need a different approach. Physiotherapy can help with most of these things.

What can I do to help myself?

Have an open mind: Dealing with pain is challenging and is often made hard when there are other factors influencing someone's experience. Learning more about your body, how pain works and why influences like stress, worry and lack of sleep affect it can help you get the best out of your rehabilitation.

Calm it down: Often the best place to start with a painful complaint is to try and calm it down. In a lot of cases there will be things your body likes to do and some things that it is less happy to do. Calming it down simply means looking at the things it doesn't like and trying to make some small adjustments or changes to make it easier for yourself.

Be kind to yourself: Pain can make you feel vulnerable, drained and sometimes a bit lost. Your body is amazing and can sort most issues out by itself, but sometimes it needs some help. Things don't often move forwards quickly, but by being patient with your body and yourself, you can change how things are.

Build it back up again: Movement is medicine for your body. Calming the issue down (as described above) is often the best place to start and sometimes this might take a few weeks to help. Once your issue feels a little calmer, it is a good idea to start to 'build it back up again'. What this means is that once the body is able to tolerate some gentle exercise, then it is worth starting some.

Will it get better?

For most people, any kind of pain will not be a pleasant experience but reassuringly, it does have the potential to get better. By understanding the issue as best you can and by adjusting what is sore to then allow you to explore some exercise/s, is often the best formula for success.

If you would like to know more about pain or find a greater choice of exercises, you can explore our dedicated webpage.

Search online: [Norfolk and Waveney MSK services](#) 'understanding pain'

If you would like to explore some exercise ideas for your issues, you can find our whole library online. Simply search for: [Norfolk and Waveney MSK services](#) 'self-help'

Any exercise is good exercise; you can explore many body areas in our self-help sections and try any exercise that you think may be helpful.

Aim to try and complete as many or as few exercises as you like, little and often throughout the day.



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