



# Get help managing your back and joint pain

Living with chronic pain? Take steps to feel—and live—better.

Musculoskeletal pain is the pain in our bones, muscles, ligaments, tendons and nerves that you experience if you've been injured or suffer from a chronic condition such as arthritis or tendonitis. It's most common in the lower back and is the second most common reason why people visit a doctor.

## Signs and symptoms

Symptoms may vary with each person based on illness or injury, but some common symptoms include:

- Site-specific or widespread pain that may get worse when you move
- Aching or stiffness of your whole body
- Fatigue
- The feeling that your muscles have been pulled or overworked
- Trouble sleeping
- Muscle twitches
- The feeling of “burning” muscles

## What you can do to ease the pain

**Talk to your doctor about how to relieve pain based on your unique situation.**

Your treatment will depend on the cause and where your pain is coming from, but some common treatments include:

- Using a splint to immobilize the affected joint and allow healing
- Using heat or cold and increasing rest



**50% to 80% of adults will experience at least one episode of back pain during their lifetime\***

\* Source: <https://pubmed.ncbi.nlm.nih.gov/17445733/>. Accessed March 16, 2023.

- Strengthening, stretching, relaxation and conditioning exercises
- Physical or occupational therapy
- Injections with anesthetic or anti-inflammatory medications in or around the painful sites
- Chiropractic care or therapeutic massage

**Choose a UnitedHealth Premium® Program specialist.** These doctors meet industry standards for delivering quality knee, hip, spine and joint care at a reasonable price.

## **Help is available through the Treatment Decision Support Program**

Connect with a registered nurse who will talk with you about different treatment options and help you work with your doctor more effectively. Through self-care tips, educational materials and access to additional resources, the program can help you keep pain in check so you can get back to living your life.

For more information, call **1-866-679-0946**, TTY **711**.