MUSCULOSKELETAL PAIN

Are any of the following present?
- < 2 years old
- Uncontrolled cardiovascular disease, GI disorders, renal dysfunction or liver dysfunction (if NSAID being considered)
- Osteoarthritis diagnosis (if current pain is similar to existing osteoarthritis)

YES → REFER

Assess factors

NO

Assess patient for red-flags

NO

Assess patient

Pain or swelling of affected area

Any symptoms that suggest severe pain?
- Moderate to severe pain (>6 on a 10 point scale)
- Pain has persisted for longer than 2 weeks without significant improvement
- Pain has persisted longer than 7 days, without improvement, despite treatment

YES → REFER

Mild discomfort
- RICE therapy; AND,
- OTC oral analgesics; or,
- OTC topical analgesics; or,
- OTC muscle relaxants

Follow up in 7 days

Pain improved or resolved?

NO → REFER

YES

Moderate discomfort
- RICE therapy; AND,
- OTC Acetaminophen; OR,
- Prescription strength NSAID

Follow up in 7 days

Pain improved or resolved?

NO

YES

- Continue therapy until symptoms resolve (max of 2 weeks total)
- Discontinue medication once symptoms are fully resolved