

Arm Pain

- **Arm pain** is a common symptom that can arise from various causes, including injuries, overuse, or underlying health conditions.
- It may manifest as **discomfort in the shoulder, elbow, wrist, or fingers** and can be accompanied by symptoms like **numbness or swelling**.
- Common causes include muscle strains from activities like **sports, arthritis, and nerve compression**.
- Treatment often involves **rest, ice, and over-the-counter pain relievers**, but severe or persistent pain should prompt medical evaluation



I Am In Constant Pain English Edition

K Morrison



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