

# Signs & Treatment of Deep Somatic Pain

## Deep Somatic Pain

| Site of Damage                      | Clinical Examples   | Quality & Descriptors                                       | Associated Signs  | Localization  | Treatment                                   |
|-------------------------------------|---|---|---|---|---|
| Joint capsules<br>Connective tissue | arthritis; musculoskeletal pain; tendonitis, bursitis; gout, Lupus, fibromyalgia  | aching, deep, cramping, throbbing constant dull and gnawing | localized tenderness<br>localized swelling<br>pain increased on movement and weight bearing | less well localized<br><br>Sometimes radiates to adjacent area (for instance, a sprained ankle may feel sore and tender over a larger area than that of actual injury). | *NSAIDs<br>acetaminophen<br>+/- opioids     |
| Fascia<br>Muscle                    | post surgical/incisional pain, infection<br>muscle sprain, strain, spasm<br>deep decubitous ulcer<br>tumor erosion in supportive structures |   | positional pain<br>inflammation (heat)  |   |   |
| Bone                                | bone metastasis<br>pathological bone fracture   |   |   |   | *NSAIDs<br>+/- opioids<br>+/- dexamethasone |

\*NSAIDs = non-steroidal anti-inflammatory drugs

