

# Lakeview Community Wellness Center Orthopaedic Connection

## Costochondritis? Ouch!

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*Transforming patient information into patient understanding.*

One day you are fine and the next you have Costochondritis! How can this be? Why me?

### What Is It?

It is a type of chest wall pain that seems to come out of nowhere. It is an inflammatory condition in the chest wall where the ribs attach near the breastbone (sternum).

*Anatomy Lesson:* The ribs in the front of your chest consist of cartilage and bone. The cartilage part of the rib is an elastic bridge between the bony part of the rib and the sternum. This elastic component helps our chest expand and contract.

### Who Gets Costochondritis?

- It comes on more often suddenly than gradually.
- Most often in women.
- Commonly in people over 40.
- Occasionally affects children.
- No apparent cause.

### Symptoms

- Sharp pain in front of the chest
- Increases with deep breaths
- Painful to cough
- Pain increases when raising arm on same side
- Can be in one or more ribs
- If pain occurs with swelling its called Tietze's

### Maybe Heart Trouble?

Most people would wonder at this point about a heart attack. Unexplained chest pain, woman, over 40, chest pain. You are absolutely correct. Heart trouble must be ruled out. So -

- Careful history and good physical exam
- EKG
- Lab work (probably)
- Chest x-ray and possibly other imaging tests

### Treatment

If heart trouble has been ruled out

- Pain medication is up to your doctor

- Antidepressant medication is often helpful
- Topical prescription medication
- Injection of steroid and local anesthetic
- Physical therapy modalities may help

#### **What Else?**

Fortunately costochondritis usually goes away on its own in a few weeks. Treatment can help reduce symptoms in most patients.

In a few unfortunate people the symptoms can persist for a few months.

If it does persist this long at least the patient is relieved to know that they do not have heart trouble such as angina.

#### **Office Website and Lakeview Area News Archive**

The office website [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com) is a great source for all the Orthopaedic and musculoskeletal information you need.

All the Orthopaedic problems I treat are contained in the website and Your Orthopaedic Connection.

In addition Lakeview Area News archive of all past articles can be found on the website. The full text of every article!

Check out this tremendous collection of information.

All of this information pertains to everything I treat in the office, the Lakeview Community Wellness Center Clinic and the hospital.

#### **Orthopaedic Clinic**

I appreciate your support of the Orthopaedic Clinic I have at Lakeview Community Wellness Center. All of the Orthopaedic problems I treat can be evaluated there.

Approaching Clinic dates are March 2 and March 16, 2012.

Patients can call 989-463-6092 for an appointment at the Lakeview Community Wellness Center Orthopaedic Clinic or at the office in Alma. No referral is required.

Our goal is simple - To help people return to more pain free, functional lives.

I specialize in you.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush