Polyarthralgia/Polyarticular Joint Pain

Generalised joint pain no inflammatory features

- No objective swelling
- No “inflammatory features”

Global pain and stiffness
- Poor sleep pattern
- Multiple tenderness – “tender points”
- +/- fatigue
- +/- IB syndrome

Generalised arthralgia
- Minimal early morning stiffness
- Immobility
- Stiffness, worse with exertion

ESR/CRP normal

Fibromyalgia

Explanation, ARC leaflet
- Reassurance
- Exercise programme
- Consider trial of a low dose tricylic anti-depressant (for 3-4/12)

If persists

Physiotherapy

Explanation, Analgesia
- +/- NSAID
- Consider weight loss

If persists

Physiotherapy

Rheumatology

Multidisciplinary pain management programme