

Supported Self-Management

How to manage bone pain

This video will talk to you about bone pain.

What is bone pain?

Some patients describe bone pain as feeling similar to a tooth ache – but in the bones, like a dull aching or stabbing.

The pain can get worse when you move and can make the area tender to touch. Each patient's experience of bone pain will be different. The pain might be constant, or it might come and go.

If you develop any new persistent bone pain, please let your Healthcare team know.

Thank you