



CORDIMA CHIROPRACTIC CENTER

Personal care. Clear next steps.

FREE PATIENT GUIDE

Understanding Joint Pain

Wrists. Elbows. Hips. Ankles.

Understand common symptoms and care options.



Helping People Get Back to the Life They Miss

Dr. Christopher T. Cordima, DC, BCN

Board Certified in Chronic Intractable Pain & Neuropathy

Cordima Chiropractic Center | 707 Broadway, Somerville, MA 02144

Schedule an appointment: 617-629-2600

RECOGNIZE THE IMPACT

Everyday movements. Real limitations.

Opening a jar. Carrying groceries. Getting out of the car. Walking across an uneven yard. A painful wrist, elbow, hip, or ankle can turn a routine task into something you plan around.

You may have noticed stiffness, aching, swelling, or less confidence using the joint. Those changes deserve an explanation, especially when they keep returning or interrupt your normal activities.

WRIST

Gripping, lifting, or twisting

ELBOW

Carrying or repetitive arm use

HIP

Walking, standing, or getting up

ANKLE

Steps, balance, or uneven ground

This guide focuses on these four areas. It is a starting point for understanding symptoms, not a way to diagnose yourself. Pain near a joint can come from the joint itself or nearby tissues. [1]

Bring one meaningful goal.

What do you want to do more comfortably: cook, garden, work, carry a bag, or walk with family?

UNDERSTAND THE POSSIBILITIES

“Joint pain” describes a symptom, not one cause

A sore joint does not automatically mean arthritis or a need for an adjustment. Injury, tendon irritation, nerve problems, osteoarthritis, and inflammatory conditions can require very different care. [1,2]

WRIST

Sprains, tendon problems, arthritis, or nerve compression can produce symptoms around the wrist. Tingling or numbness is important to report. [3]

ELBOW

Pain can involve tendons, bursae, the joint, or an injury. “Tennis elbow” is one possible explanation, not a label for every sore elbow. [4]

HIP

Arthritis, tendon or bursa problems, and injuries can cause hip-region pain. An examination helps distinguish them. [5]

ANKLE

Sprains, tendon problems, arthritis, or fractures can have overlapping symptoms. A recent injury changes the assessment. [6]

Tell the clinician about the exact location, onset, injury history, swelling, and any change in sensation or strength. These details help guide the next step.

PROTECT FUNCTION

Do not let your routine quietly get smaller

When a joint hurts, it is natural to protect it. But if you keep giving up more activities, it is worth asking what is needed to stay involved in the parts of life you enjoy.

Some joint symptoms improve with simple care. Others need a specific diagnosis and medical treatment. Persistent pain is a reason to seek answers, not proof that the joint will inevitably deteriorate. [1,2]

Pay attention to the pattern

WHEN

First thing in the morning, after activity, at rest, or after an injury?

WHAT CHANGES

Swelling, heat, stiffness, weakness, numbness, or movement?

WHAT IT COSTS YOU

Walking time, grip, sleep, work tasks, or confidence?

Multiple painful joints, persistent swelling, or prolonged morning stiffness can warrant medical assessment for an inflammatory condition. These should not be assumed to be ordinary wear and tear. [2]

A useful goal is practical.

Focus on what the joint lets you do and what is changing, rather than judging progress by pain alone.

COMPARE YOUR OPTIONS

Comfort matters. The right diagnosis matters too.

A gel, massage, brace, or pain medicine may make a task easier. That benefit matters. But temporary relief does not prove a tendon has repaired, arthritis has reversed, or a nerve problem has resolved.

RELIEF

What helps manage symptoms?

CAPACITY

What supports movement and daily tasks?

CAUSE

Does this condition need specific medical care?

For osteoarthritis, appropriately chosen exercise is a central treatment. Strength, fitness, and practical activity changes can be part of care. The same exercise plan should not be applied automatically to a fracture, acute sprain, or nerve problem. [7]

Medical options have different purposes. Some medicines relieve symptoms; others treat inflammatory diseases and can help protect joints. Injections or surgery may be appropriate for selected conditions. It is inaccurate to say all medical care only masks pain. [7,8]

Ask how any hands-on treatment fits your diagnosis and whether it should be combined with exercise, support, or medical care.

Before committing to care, ask:

What are we treating, what are the alternatives and risks, and how will progress be reviewed?

OUR OFFICE APPROACH

Findings first. An individual plan next.

At Cordima Chiropractic Center, we begin with an evaluation to determine whether our approach is appropriate. A wrist, elbow, hip, and ankle are different joints; they do not all need the same techniques.

1 History and examination

We review symptoms, injuries, previous care, and daily demands. Movement, strength, tenderness, and nerve-related findings help guide recommendations. Testing or referral may be needed.

2 Soft tissue care and joint techniques

Hands-on care may be discussed when findings support it. A painful joint is not automatically “out of place.” Technique, risks, and alternatives should be explained; hands-on care is not appropriate for every condition.

3 Therapeutic exercise

Movement and strengthening are tailored to the diagnosis, tolerance, and goals. For osteoarthritis, exercise is an important part of care. Acute injuries may need protection and a different progression. [7]

4 Practical activity and support

We discuss work or home changes, pacing, and whether temporary support or a footwear review is appropriate. Recommendations should help you handle daily demands, not create unnecessary restrictions.

5 Selected adjunct therapies

If a device-based treatment is proposed, ask which symptoms it targets and what evidence applies to that joint and condition. A therapy used for one problem is not automatically proven for another.

6 Progress checks and referral

Reviews consider function as well as pain. If findings point to infection, fracture, inflammatory arthritis, or another problem outside office care, medical assessment comes first. [1,2]

Care should include a clear discussion of goals, costs, benefits, and risks. We do not promise cartilage regrowth, tendon repair, or permanent relief.

TAKE THE NEXT STEP

Get answers about your joint pain.

If a wrist, elbow, hip, or ankle is limiting daily life, schedule an evaluation to find out whether our care fits. We will explain the findings and next steps. If another type of care is more appropriate, we will tell you.

Get urgent medical assessment [1,3,5,6]

A hot, swollen joint with fever or feeling unwell may signal infection. Severe pain after an injury, deformity, inability to use the limb or bear weight, or loss of sensation also needs prompt assessment. Do not wait for a routine treatment visit.

Arrange an assessment [1,2]

Seek advice for persistent or recurring pain, swelling, prolonged morning stiffness, or symptoms affecting multiple joints. Mention any unexplained weight loss, skin changes, or other health symptoms.

Dr. Christopher T. Cordima, DC, BCN

Practicing since 1988.

Board Certified in Chronic Intractable Pain & Neuropathy.

Schedule a Joint-Pain Evaluation

Call (617) 629-2600

Cordima Chiropractic Center | Somerville, MA

Tell our team which joint is bothering you.

Bring your medication list and relevant test reports. Ask about appointment details and fees. This guide is educational and does not replace individual medical advice. Do not change prescribed medicines without your prescriber. No outcome is guaranteed.

MEET YOUR DOCTOR

About Dr. Cordima



Dr. Christopher T. Cordima, DC, BCN

Practicing since 1988.

Board Certified in Chronic Intractable Pain & Neuropathy.

Dr. Cordima graduated from Palmer Chiropractic College in 1987 and received his chiropractic license in November 1988. He comes from a family with a legacy in chiropractic care and is proud to carry that tradition forward.

His approach starts with listening: what hurts, what you have tried, and what you want to get back to doing. He is dedicated to compassionate, honest care and helping you understand whether a natural, nonsurgical approach fits your needs.

Outside the office, he enjoys time with his loving partner, Linda, and their family, hiking New England trails with Benny, exploring local coffee shops and restaurants, and cooking together.

Let's talk about getting you back to the life you miss.

Cordima Chiropractic Center

707 Broadway, Somerville, MA 02144

Call 617-629-2600 to schedule an appointment.

Visit somervillechiropractor.com

SOURCES AND FURTHER READING

References

Numbers in the text refer to these sources. Office-care descriptions outline options for discussion; they do not establish the effectiveness of a combined program.

1. National Health Service. Joint pain. [Read source](#)
2. National Health Service. Arthritis. [Read source](#)
3. National Health Service. Wrist pain. [Read source](#)
4. National Health Service. Elbow and arm pain. [Read source](#)
5. National Health Service. Hip pain in adults. [Read source](#)
6. National Health Service. Ankle pain. [Read source](#)
7. National Health Service. Osteoarthritis: treatment and support. Reviewed March 20, 2023. [Read source](#)
8. National Health Service. Rheumatoid arthritis: treatment. Reviewed March 8, 2023. [Read source](#)

Keep the evidence specific

A recommendation for hip osteoarthritis is not automatically a recommendation for a wrist nerve problem, elbow tendon pain, or an ankle sprain. Diagnosis and individual findings guide treatment choices.

Useful expectations

Symptom relief is different from evidence of tissue repair. Nonsurgical care still has risks and limitations. Persistent swelling or symptoms in several joints may call for medical evaluation rather than repeated local treatment.

Illustrations are lifestyle or educational artwork, not patient testimonials or before-and-after results. This report does not promise a cure, permanent relief, or avoidance of necessary medical care.