

Patient Information Resources - Bones, Muscles and Joints

Scan the QR code(s) circled below by your physician/nurse for more information on diagnosis, symptoms, at-home care and recommended follow-up instructions.

To scan a QR code: Open the camera app on your mobile phone, centre the QR code you want to scan, hold your phone steady and tap the notification that pops up to open the link.

You can view the document directly on your phone or click on the “Email Or Text this Resource To” button to send it as an email or text message and save it for future reference.

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bit.ly/pdsfeedback



Ankle Sprain



Back Pain



Cast Care



Concussion



Pain Control (Adult)



Rib Fracture



Shoulder Sprain



Wrist Sprain



For more information and to find other patient information resources, visit the ECBC website at emergencycarebc.ca/pds. Have feedback? Fill out our survey at bit.ly/pdsfeedback.

The information in this document is intended solely for the person to whom it was given by the health care team. This information does not replace the advice given to you by your health care provider.

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