

Cambridge Breast Unit

Costochondritis (Rib pain)

What is Costochondritis?

Costochondritis is one of the more common causes of breast pain from the chest wall. The tenderness is due to inflammation of one of the underlying joints of the rib cage called **costochondral** junctions.

The rib cage is made from a mixture of bone and cartilage; at the point where the bone becomes cartilage there are some tiny joints. These joints become inflamed and cause breast pain.

Pain from the chest wall is often made worse when the rib cage is squashed, for example, at night when lying on the affected areas, wearing a seat belt, or when being hugged.

How long will it last?

Costochondritis can last for many months. The cause is largely unknown although coughing and trauma can trigger the condition.

How is it treated?

Treatment is targeted according to symptoms. Some suggestions are:

- Wear a lightweight bra at night.
- Deep breathing exercises – a Health Professional will provide you with information.
- Simple pain relief such as paracetamol, aspirin or ibuprofen at night time (with food).
- Avoid unnecessary exercise or activities.

If these measures do not improve the symptoms your GP may refer you back to clinic for pain relief treatments such as

- Referral to the pain team
- Local steroid and anaesthetic injections into the joints.

If your symptoms deteriorate or you notice new changes you should seek further medical advice.

Please call the Breast Unit, Telephone number: 01223 596093

Please ask if you require this information in other languages, large print or audio format:
01223 216032 or patient.information@addenbrookes.nhs.uk

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

Cantonese

तमने आ माळिती बीछ भाषाओमां, मोटा अक्षरोमां अथवा सांभली शकाय जेवा माध्यम
(ओडीओ इमेज)मां जेठती छोय तो कृपा करीने पूछो.

Gujarati

تکایہ پرسیار بکے نہ گھر نہ وزانیاریہت دہوی بہ زمانیکی تر ، بہ بیٹی گہورہ یانیش بہ شیوہی دہنگ

Kurdish

آگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پر درکار ہوں تو براۓ مہربانی اس کیلئے درخواست کریں۔

Urdu



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Document history

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