

Patient Information

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.

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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.

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

Please call the Breast Unit, Telephone number: 01223 596093

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Please ask if you require this information in other languages, large print or audio format: 01223 216032 or

patient.information@addenbrookes.nhs.uk

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 माहिती ग्रीक भाषाओमां, मोटा अक्षरोमां अथवा सांभजी शक्य जेवा माध्यम (ओडीओ डोमेन्ट)मां लेठनी छेय तो कृपा करीने पृछो.

Gujarati

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

Italian

تکایه پرسیار بکته نه گهر نهو زانیاریات دهوئ به زمانیکی تر . به پیتی گهرده یانیش به شیوهی دهنگ

Kurdish

اگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پروکاروں تو براہ کرم ہمیں اس کیلئے درخواست کریں۔

Urdu

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Cambridge Breast Unit

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Costochondritis (Rib pain)