

Symptom Analysis Report

Patient Information

Name:	Likhith Busam
Age:	20
Gender:	Male
Contact:	7993599818
Reported Symptoms:	Pain in forearm,Pain in both upper limbs
Report Date:	August 22, 2025

Medical Analysis

Predicted Condition: Repetitive Strain Injury (RSI)

Clinical Description

Repetitive Strain Injury (RSI) is a general term for pain and discomfort in muscles, tendons, nerves, and soft tissues, often in the upper limbs, caused by repetitive tasks, forceful exertions, vibrations, mechanical compression, or sustained awkward positions. It encompasses conditions like tendinitis, tenosynovitis, and nerve entrapment.

Symptoms Analysis

The reported pain in both forearms and upper limbs in a 20-year-old male strongly suggests Repetitive Strain Injury (RSI). This condition typically arises from repeated movements or prolonged static postures, leading to inflammation and microtrauma in the muscles and tendons of the affected areas.

Risks if Untreated

If left untreated, RSI can lead to chronic pain, significant functional limitations, and persistent weakness, severely impacting daily activities and work performance. It may also progress to more severe and difficult-to-treat conditions like chronic tendinopathy or nerve compression syndromes.

Recommended Medicines

- **Ibuprofen** - 400 mg orally every 4-6 hours as needed (Take with food or milk to minimize gastrointestinal upset. Do not exceed 1200 mg per day without medical supervision.)
- **Diclofenac topical gel 1%** - Apply 2-4 grams (size of a cherry to walnut) to affected area 3-4 times daily (Rub into the skin completely. Wash hands thoroughly after application unless treating hands. Avoid covering with occlusive dressings.)

- **Acetaminophen** - 500-1000 mg orally every 4-6 hours as needed (Can be used for pain relief, especially if NSAIDs are not tolerated or insufficient. Do not exceed 4000 mg (4g) in 24 hours.)

Suggested Diet

- Incorporate anti-inflammatory foods such as fatty fish (salmon), berries, leafy green vegetables, and turmeric to help reduce systemic inflammation.
- Ensure adequate hydration by drinking plenty of water throughout the day, and limit intake of processed foods, refined sugars, and excessive caffeine which can exacerbate inflammation.

Workout / Exercise

- Implement a period of relative rest from activities that aggravate the pain, followed by gentle stretching exercises for forearm extensors, flexors, and wrist mobilizations, performed slowly and without pain.
- Once pain subsides, gradually introduce light resistance exercises targeting forearm and grip strength, such as wrist curls, reverse wrist curls with light weights, and resistance band exercises, alongside ergonomic adjustments for daily tasks.