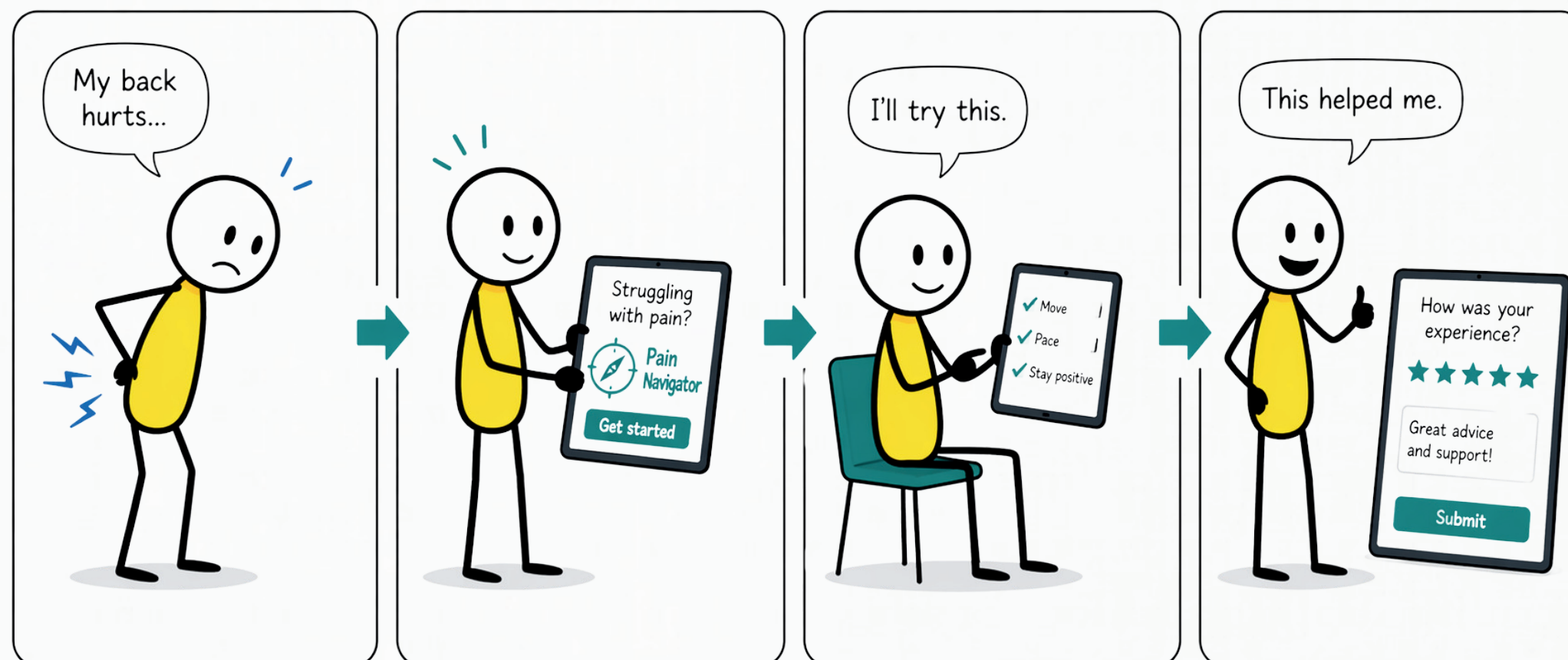


For young people with aches and pains in their muscles and joints



Are you age 8–18 with aches or pains in your muscles and joints?

Do you have children who have aches or pains in their muscles and joints?



Keele University have worked with children and young people to develop resources to help you or your children manage with muscle and joint pain and get better use out of healthcare.

Pain Navigator aims to take some of the mystery away from pains like foot, ankle or knee pain or back ache, and can help you plan visits to the doctor. We want you feel a bit more in control.

These resources are linked to a research study. You may be asked to help the researchers, but that is completely voluntary and you can use the resources however you choose.



Web: painnavigator.co.uk
Email: comms.painnavigator@keele.ac.uk

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