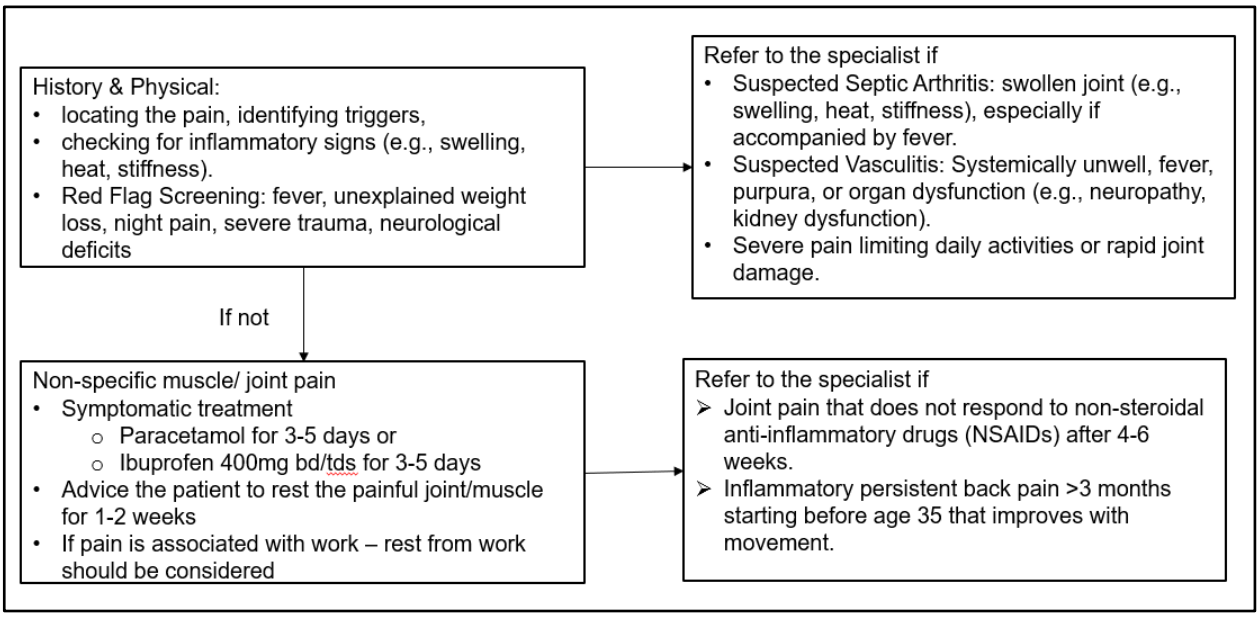Management of muscle and/or joint pain