

**Myalgia** - pain of muscular origin.

**Synonyms:** Myositis/myofasciitis and myalgia are sometimes used interchangeably. However, muscle pain can take place without inflammation, and inflammation of the muscle can take place without pain.

**Symptoms** include localized tenderness on palpation of the specific muscle. Muscle pain is often described as deep, achy, or burning. Pain is usually increased with movement of the affected muscle.

Muscle pain can be localized or widespread. It can be caused by major or minor trauma, rheumatoid disorders, metabolic disorders, connective tissue diseases, vascular insufficiency, infection, medications, and/or vitamin/mineral deficiencies.

Chiropractors are well equipped to treat mechanical muscle pain (pain caused by major, minor, or repetitive trauma). Other causes of myalgia are referred out appropriately.

#### **How is it diagnosed?**

A thorough patient history and physical examination can lead towards the diagnosis of myalgia. Laboratory and imaging studies may be required if a patient is unresponsive to conservative care or if systemic symptoms predominate.

#### **How is it treated?**

Treatment depends on the specific diagnosis. Mechanical muscle pain is treated according to stage and severity. Commonly used treatments include ice, heat, electrical muscle stimulation, therapeutic ultrasound, massage, manual therapy, and exercise.

Natural anti-inflammatories and/or natural muscle relaxants may be recommended.

Topical analgesics and/or kinesiotape may be recommended as well.

#### **Alternative treatments.**

NSAID's, muscle relaxants, opioids, steroid injections.

**Prognosis** is excellent. With early diagnosis and proper management, most patients can expect complete recovery. Continued exercise beyond active care reduces recurrence rates.

**Duration of care:** *Approximately* 3 times a week for 3 weeks (9 visits). The treatment plan varies depending on the degree of the muscle injury.