

Muscle Pain (Myalgia)

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What Is Myalgia?

Myalgia is the medical term for muscle pain. Muscle pain can affect a single muscle, a group of muscles, or multiple areas of the body. Muscle pain is very common and can occur after physical activity, injury, stress, illness, or other medical conditions. In most cases, it is temporary and responds well to conservative treatment.

Common Symptoms

- Aching, soreness, tightness, or stiffness
- Burning or cramping sensations
- Tenderness when pressure is applied to the muscle
- Pain that increases with movement or activity
- Reduced flexibility or range of motion
- Weakness or fatigue in the affected area
- Symptoms may be localized to one area or occur in multiple muscle groups.

Common Causes

- Muscle strains or overuse injuries
- Repetitive movements at work or during exercise
- Poor posture or prolonged sitting
- Stress and muscle tension
- Physical trauma or injury
- Dehydration, Nutritional deficiencies
- Certain medications
- Viral illnesses or infections
- Medical conditions that affect muscles, joints, or the immune system

How Is It Diagnosed?

Diagnosis begins with a detailed health history and physical examination.

Your healthcare provider may evaluate:

- Where the pain is located
- What activities make symptoms better or worse
- Muscle strength and flexibility
- Areas of tenderness or muscle tightness
- Any signs that another medical condition may be contributing to symptoms

Additional testing may be recommended if symptoms are severe, persistent, worsening, or accompanied by other health concerns.

Treatment Options

Treatment depends on the underlying cause of the muscle pain.

Conservative Care

- Manual therapy and soft tissue treatment
- Therapeutic exercises and stretching
- Heat or ice therapy
- Strengthening and mobility exercises
- Home exercise programs

Medical Treatment

When necessary, treatment may also include:

- Anti-inflammatory medications (NSAIDs)
- Muscle relaxants
- Other pain-relieving medications
- Injection therapy for persistent muscle pain in selected cases

What Is the Outlook?

- Many patients improve with conservative treatment and proper activity modification.
- Early treatment often helps speed recovery and reduce the chance of symptoms returning.
- Maintaining strength, flexibility, and good movement habits can help prevent future episodes.
- The outlook for most cases of muscle pain is excellent.

Typical Treatment Schedule

- **Approximately 3 visits per week for 3 weeks**
- Progress is reassessed and treatment is adjusted as needed

Following your home exercise program and staying physically active are important for long-term recovery and prevention.

Contact Your Healthcare Provider If You Experience:

- Severe or worsening muscle pain
- Significant weakness
- Fever, chills, or unexplained illness
- Unexplained weight loss
- Swelling, redness, or warmth in the affected area
- Symptoms that do not improve with treatment