

# Myalgia (muscle pain)

## What is myalgia?

Some chemotherapies can cause problems with your muscles, such as weakness, tiredness, or pain, also known as myalgia (my-AL-juh). Most of the time, patients recover from these problems. Tell your doctor or nurse if you have any problems with your muscles.

## What are some symptoms of myalgia?

- You may have muscle pain in a small or large area. It may feel like a sharp pain or a dull ache
- The pain may be mild or severe. It can last a few minutes or may be constant
- You may have pain in your joints
- You may feel very tired or weak. You may find it difficult to do some of the activities you normally enjoy
- You may feel depressed if your pain is prolonged

## What are some of the things you can do to help manage myalgia?

- Make sure you get enough rest. Don't overexert yourself
- If movement is difficult or painful, prioritize your activities and request assistance from others
- Keep a diary of your pain. This will help when you talk to your doctor about your symptoms. Things you may want to record include the type of pain, location, severity, duration, your mood, and anything you did that helped or worsened the pain

Ask your doctor if there are medications or treatments that are appropriate for your symptoms. Also ask if alternative treatments are appropriate, such as:

- Massage or applying heat or cold to the affected area
- Physical therapy or learning to position your body differently
- Distraction, relaxation training, or acupuncture

## Call your doctor:

- If your symptoms worsen or do not improve

Name: \_\_\_\_\_

Institution/Group: \_\_\_\_\_

Phone: \_\_\_\_\_

Notes: \_\_\_\_\_

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*Talk to your doctor or nurse if your condition worsens or does not improve.*

**The information contained herein is not comprehensive and is intended only as a guide.**