

Contact Us Toll Free at 1.866.208.3430

## Generalized Muscle Pain

### Education

Generalized muscle pain is associated with the many “flu-like” symptoms patients using injectable medications for the treatment of Multiple Sclerosis may experience. These symptoms are usually mild and patients do not seem to be affected in their everyday activities. Symptoms of generalized muscle pain usually occur 2-8 hours after the injection and may last up to 24 hours after the injection.

### Helpful Tips

- Make sure you are getting adequate amounts of sleep which may help to improve symptoms of weakness, fatigue and pain.
- Minimizing symptoms of fatigue may help to relieve muscle pain associated with injectable MS therapy. Keeping your body temperature just a little cooler (rather than using heat on sore muscles) may help to achieve symptom relief.
  - Consume cool liquids rather than hot liquids (this goes for food also)
  - Keep room temperature cooler than usual but still tolerable: use fans or air conditioners
  - Use cool packs on sore muscles

### Treatment Options

- Generalized muscle pain associated with injectable MS medications may be treated with over-the-counter medications such as ibuprofen (Motrin or Advil) or naproxen (Aleve). It is important to discuss the use of these products with your doctor or pharmacist before use for specific directions.

**For questions or concerns regarding any of the above statements or recommendations, please feel free to contact Diplomat Specialty Pharmacy Toll Free at 1.866.208.3430.**

#### References:

1. Frohman E, Phillips T, Kokel K, Pelt JV, O'Leary S, Gross S et al. Disease-modifying therapy in multiple sclerosis: strategies for optimizing management. *The Neurologist*. 2002; 2:227-236.
2. Crayton H, Heyman RA, Rossman HS. A multimodal approach to managing the symptoms of multiple sclerosis. *Neurology* 2004; 63 (suppl 5): S12-S18.