

Contact Us Toll Free at 1.866.208.3430

Generalized Muscle Pain

Education

Generalized muscle pain is one of the many “flu-like” symptoms associated with injectable medications for the treatment of multiple sclerosis (MS). These symptoms are usually mild and often do not affect everyday activities. Symptoms of generalized muscle pain usually occur 2-8 hours after the injection and may last for up to 24 hours after the injection. Muscle pain may also be due to spasticity, a symptom of MS. Spasticity refers to muscle stiffness or tightness, which can be painful and is treated differently.

Helpful Tips

- Make sure you are getting adequate amounts of sleep, which may help to improve symptoms of weakness, fatigue and pain.
- Keeping your body temperature just a little cooler (rather than using heat on sore muscles) may help to achieve symptom relief. The following are some tips for keeping cool.
 - Consume cool rather than hot food and liquids
 - Keep room temperature cooler than usual but still tolerable; use fans or air conditioners
 - Use cooling packs on sore muscles

Treatment Options

Generalized muscle pain associated with injectable MS medications may be treated with over-the-counter medications such as acetaminophen (Tylenol®), ibuprofen (Motrin® or Advil®), or naproxen (Aleve®). It is important to discuss these products with your doctor or pharmacist before use for specific directions and to assure they are safe for you.

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.