

Muscle Pain



Muscle pain can affect any of the muscles in the body. While there is a wide range of causes, some of the most common ones include:

- A sudden or awkward movement
- Taking a hit (trauma)
- Strenuous or different exercise
- Side effects from medications
- Repetitive movements
- Conditions such as fibromyalgia or a viral infection

Treatment

There are several treatment options available to relieve this type of pain:

- Rest
- Massage
- Use of analgesics such as acetaminophen and ibuprofen
- Use of muscle relaxants
- Use of topical analgesics
- Use of heat or cold therapy