

Myalgia During Cancer Treatment

If you have any questions or concerns, please ask your physician or nurse.

You may have muscle weakness, aches or pain while receiving cancer treatment. This is called myalgia. Once your treatment is over, these discomforts often go away.

Symptoms

Your muscle pain and discomfort may:

- Be sharp or a dull ache
- Affect a small or large area
- Be mild or severe

It may be constant or last just a few minutes. During your cancer treatment, you may also have pain in your joints. You may feel very tired or weak. All of these symptoms can prevent you from doing the activities you enjoy.

Managing myalgia

Make sure you get enough rest. Do not overexert yourself. If movement is difficult or painful, plan your daily activities and allow for rest periods. Do what is most important first. When needed, request help from others.

Keep a pain diary. Things you may want to record include:

- What you were doing when you felt pain
- Location of the pain
- Type of pain
- How long the pain lasts
- Level of pain you feel
- Your mood
- Anything you did that helped the pain or made the pain worse

Share the diary with your healthcare provider to help plan ways to relieve the pain and discomfort with medications or other treatments. Ask about options such as:

- Massage or applying heat or cold to the affected area
- Physical therapy or ways to reposition your body
- Relaxation exercises or acupuncture

When to call your physician

Call your physician if your symptoms do not improve with care or if you feel uncontrolled, severe pain.