

There are various subtypes of muscle pain:

- Pain onset during exercise: may be due to exhaustion of fuel supply to the muscle, or build-up of lactic acid
 - If there is a metabolic defect, or vascular ischaemia (reduced blood supply) then normal exercise may not be painful (but blood CK may be high).
 - If normal exercise is painful and the blood tests are normal, then this might indicate either structural damage (muscle/tendon/joint/bone) or a Polymyalgia syndrome.
 - If pain onset is hours after exercise and lasts up to 5 days, and the blood CK is raised, this might suggest a myopathy (abnormality in the muscle), especially disorders in which there is rhabdomyolysis (muscle breakdown)
- Pain unaffected by exercise may indicate: [Polymyalgia](#) , [Drugs](#) / [Toxins](#) or certain types of polyneuropathy.
 - [Cramps](#) : may be associated with drugs such as : Caffeine, Diuretics(water tablets), Labetalol, Lithium, Nifedipine, Terbutaline, [Tetanus](#) , Theophylline, [Vitamin A](#))
They are also a very common feature of arachnoiditis.
 - Pain with prolonged immobility.
 - Central Nervous System related: Restless legs; Upper motor neuron disorders; Dystonias (many arachnoiditis patients have abnormal muscle tone : dystonia, and restless legs syndrome is common; spinal cord involvement constitutes an upper motor neuron disorder and this is associated with spasticity: increased muscle tone)
 - Fatigue syndromes: Chronic fatigue; Depression

Typical evaluation for generalized muscle pain or discomfort:

History: Precipitating factors; Nature & Location of pain.

Examination: Strength; Sensory loss; Trigger & tender regions; Endurance.

Laboratory tests

- Blood: blood count; ESR (a non-specific sign of inflammation); CK, creatine kinase: a measure of muscle inflammation; potassium; calcium; Phosphate; thyroid function; [Conn](#)
[ective tissue antibody screen \(ANA\)](#)
- EMG (electromyogram) & Nerve conduction studies
- [Muscle biopsy](#) : if indicated by other abnormal test results.
- ? Exercise testing: Lactate after mild exercise