

Musculoskeletal Pain

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Musculoskeletal pain refers to pain within the muscles, bones, ligaments, tendons, and nerves. you'll be able to feel this pain in only one space of the body, like your back. you'll be able to even have it throughout your body if you've got a widespread condition like fibromyalgia.

The pain will vary from delicate to severe enough to interfere along with your every day life. it's going to begin suddenly and be transitory, that is named acute pain. Pain that lasts for quite three to six months is named chronic pain.

Causes of Contractor Disorders

These disorders directly have an effect on the bones, muscles, joints, and ligaments. the foremost common reason for contractor pain is Associate in Nursing injury to the bones, joints, muscles, tendons, or ligaments. Falls, sports injuries, and automotive accidents area unit simply many of the incidents which will result in pain.

More than one hundred fifty totally different contractor disorders exist. a number of the foremost common ones are:

- arthritis, together with rheumatism, rheumatism, lupus, degenerative joint disease, gout, and Marie-Strumpell disease
- osteoporosis
- injuries like fractures and dislocations
- muscle loss (sarcopenia)
- problems with the structure of bones or joints, like spinal curvature
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Non-musculoskeletal disorders

These area unit many of the non-musculoskeletal disorders that cause pain within the bones, muscles, joints, and ligaments:

- overuse at work or whereas enjoying sports
- poor posture
- prolonged bed rest, like throughout Associate in Nursing unhealthiness or once surgery
- infections of the bones, muscles, or alternative soft tissues

- tumors that place pressure on tendons and bones, together with tenosynovial big cell tumors (TGCTs) like pigmented villonodular inflammation (PVNS)
- Pain will typically desire it's originating within the system once it's from another organ system entirely. as an example, a coronary failure will cause pain that radiates down the arm.

This can be known as pain, and it will stem from the:

Types of Musculoskeletal Pain

Lower back pain is that the most typical sort of contractor pain. alternative varieties include: muscle pain (myalgia) from Associate in Nursing injury, infection, cramp or spasm, loss of blood flow to the muscle, or tumor bbone pain from Associate in Nursing injury like a fracture, infection, tumor, or endocrine disorder tendon and ligament pain, like from a sprain, strain, or inflammation from tendinitis or synovitis joint pain from inflammatory disease fibromyalgia, that causes pain in tendons, muscles, and joints throughout the body nerve compression pain from conditions that place pressure on nerves, like carpal tunnel syndrome, hinge joint tunnel syndrome, and tarsal tunnel syndrome.

Signs and symptoms

The quality of the pain will vary supported wherever it's situated. Bone pain is boring, sharp, stabbing, or deep. It's usually additional uncomfortable than muscle or connective tissue pain. Muscle pain may be intense and transitory if it's caused by a cramp or powerful shortening, ordinarily known as a Charley horse. The muscle could twitch or contract uncomfortably. Tendon pain could feel sharp if Associate in Nursing injury caused it. it always worsens after you move or stretch the affected connective tissue, and improves with rest. Joint pain looks like Associate in Nursing aching. it's going to be in the middle of stiffness and swelling. Fibromyalgia causes multiple tender spots throughout the body.

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