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Polymyalgia Rheumatica

Polymyalgia rheumatica is a disorder that causes muscle pain and stiffness in your neck, shoulders, and hips. It is most common in women and almost always occurs in people over 50. The main symptom is stiffness after resting. Other symptoms include **fever** [<https://medlineplus.gov/fever.html>] , weakness and weight loss. In some cases, polymyalgia rheumatica develops overnight. In others, it is gradual.

The cause of polymyalgia rheumatica is unknown. There is no specific test for it. Your doctor will use your medical history, symptoms, and a physical exam to make the diagnosis. Lab tests for inflammation may help confirm the diagnosis.



Polymyalgia rheumatica sometimes occurs along with **giant cell arteritis** [<https://medlineplus.gov/giantcellarteritis.html>] , a condition that causes swelling of the arteries in your head. Symptoms include headaches and blurred vision. Doctors often prescribe prednisone, a **steroid** [<https://medlineplus.gov/steroids.html>] medicine, for both conditions. With treatment, polymyalgia rheumatica usually disappears in a day or two. Without treatment, it usually goes away after a year or more.

NIH: National Institute of Arthritis and Musculoskeletal and Skin Diseases

Start Here

- **Polymyalgia Rheumatica** [<https://rheumatology.org/patients/polymyalgia-rheumatica>] (American College of Rheumatology)
Also in Spanish [<https://rheumatology.org/patients/polimialgia-reumatica>]
- **Polymyalgia Rheumatica** [<https://www.mayoclinic.org/diseases-conditions/polymyalgia-rheumatica/symptoms-causes/syc-20376539?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/polymyalgia-rheumatica/symptoms-causes/syc-20376539?p=1>]
- **Polymyalgia Rheumatica and Giant Cell Arteritis** [<https://www.niams.nih.gov/health-topics/polymyalgia-rheumatica-giant-cell-arteritis>]  (National Institute of Arthritis and Musculoskeletal and Skin Diseases)
Also in Spanish [<https://www.niams.nih.gov/es/informacion-de-salud/polimialgia-reumatica-arteritis-celulas-gigantes>]


Diagnosis and Tests

- **C-Reactive Protein (CRP) Test** [<https://medlineplus.gov/lab-tests/c-reactive-protein-crp-test/>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-de-proteina-c-reactiva-pcr/>]
- **Erythrocyte Sedimentation Rate (ESR)** [<https://medlineplus.gov/lab-tests/erythrocyte-sedimentation-rate-esr/>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/tasa-de-sedimentacion-eritrocitica/>]


Treatments and Therapies

- **Prednisone** [<https://www.hopkinsvasculitis.org/vasculitis-treatments/prednisone/>] (Johns Hopkins Vasculitis Center)
- **Prednisone and Other Corticosteroids: Balance the Risks and Benefits** [<https://www.mayoclinic.org/tests-procedures/cortisone-shots/in-depth/steroids/art-20045692?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/tests-procedures/cortisone-shots/in-depth/steroids/art-20045692?p=1>]

Related Issues

- Giant Cell Arteritis and Polymyalgia Rheumatica [<https://familydoctor.org/condition/giant-cell-arteritis-and-polymyalgia-rheumatica/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/condicion/arteritis-de-celulas-gigantes-y-polimialgia-reumatica-es/?adfree=true>]
- What is Vasculitis? [<https://www.nhlbi.nih.gov/health/vasculitis>]  (National Heart, Lung, and Blood Institute)
Also in Spanish [<https://www.nhlbi.nih.gov/es/salud/vasculitis>]

Clinical Trials


- ClinicalTrials.gov: Polymyalgia Rheumatica [<https://clinicaltrials.gov/search?cond=%22Polymyalgia+Rheumatica%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Trajectory analysis of glucocorticoid treatment highlights issues in the current tapering... [<https://www.ncbi.nlm.nih.gov/pubmed/40713161>]
- Article: Mortality in polymyalgia rheumatica: a 38-year prospective population-based cohort study from... [<https://www.ncbi.nlm.nih.gov/pubmed/40691638>]
- Article: Efficacy and Safety of Tocilizumab in Polymyalgia Rheumatica: A Systematic Review... [<https://www.ncbi.nlm.nih.gov/pubmed/40629823>]
- Polymyalgia Rheumatica -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Polymyalgia+Rheumatica%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Find an Expert

- American College of Rheumatology [<https://rheumatology.org/>]
- Find a Rheumatologist [<https://my.rheumatology.org/rheumatology-provider-directory>] (American College of Rheumatology)
- National Institute of Arthritis and Musculoskeletal and Skin Diseases [<https://www.niams.nih.gov/>] 
Also in Spanish [<https://www.niams.nih.gov/es/portal-en-espanol>]

Patient Handouts

- ESR [<https://medlineplus.gov/ency/article/003638.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003638.htm>]
- Polymyalgia rheumatica [<https://medlineplus.gov/ency/article/000415.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000415.htm>]



ESR [<https://medlineplus.gov/ency/article/003638.htm>]

Polymyalgia rheumatica [<https://medlineplus.gov/ency/article/000415.htm>]

Related Health Topics

Giant Cell Arteritis [<https://medlineplus.gov/giantcellarteritis.html>]

Vasculitis [<https://medlineplus.gov/vasculitis.html>]

National Institutes of Health

The primary NIH organization for research on *Polymyalgia Rheumatica* is the National Institute of Arthritis and Musculoskeletal and Skin Diseases [<http://www.niams.nih.gov/>]

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