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## Myositis

Myositis means inflammation of the muscles that you use to move your body. An injury, infection, or **autoimmune disease** [<https://medlineplus.gov/autoimmunediseases.html>] can cause it. Two specific kinds are polymyositis and dermatomyositis. Polymyositis causes muscle weakness, usually in the muscles closest to the trunk of your body. Dermatomyositis causes muscle weakness, plus a skin rash.

Other symptoms of myositis may include:

- Fatigue after walking or standing
- Tripping or falling
- Trouble swallowing or breathing

Doctors may use a physical exam, lab tests, imaging tests and a muscle biopsy to diagnose myositis. There is no cure for these diseases, but you can treat the symptoms. Polymyositis and dermatomyositis are first treated with high doses of a corticosteroid [<https://medlineplus.gov/steroids.html>] . Other options include medications, physical therapy, exercise, heat therapy, assistive devices, and rest.

*NIH: National Institute of Neurological Disorders and Stroke*

## Start Here

- Dermatomyositis [<https://rarediseases.info.nih.gov/diseases/6263/dermatomyositis>]  (Genetic and Rare Diseases Information Center)
- Metabolic Myopathies [<https://rheumatology.org/patients/metabolic-myopathies>] (American College of Rheumatology)  
Also in Spanish [<https://rheumatology.org/patients/miopatias-metabolicas>]

## Symptoms

- Dermatomyositis: Signs and Symptoms [<https://www.mda.org/disease/dermatomyositis/signs-and-symptoms>] (Muscular Dystrophy Association)

## Diagnosis and Tests

- ANA (Antinuclear Antibody) Test [<https://medlineplus.gov/lab-tests/ana-antinuclear-antibody-test/>]  (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-de-anticuerpos-antinucleares/>]
- Dermatomyositis: Diagnosis [<https://www.mda.org/disease/dermatomyositis/diagnosis>] (Muscular Dystrophy Association)
- Electromyography (EMG) and Nerve Conduction Studies [<https://medlineplus.gov/lab-tests/electromyography-emg-and-nerve-conduction-studies/>]  (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/electromiografia-y-estudios-de-conduccion-nerviosa/>]
- Inclusion-Body Myositis: Diagnosis [<https://www.mda.org/disease/inclusion-body-myositis/diagnosis>] (Muscular Dystrophy Association)

• Polymyositis: Diagnosis [<https://www.mda.org/disease/polymyositis/diagnosis>] (Muscular Dystrophy Association)

## Treatments and Therapies

- Dermatomyositis: Medical Management [<https://www.mda.org/disease/dermatomyositis/medical-management>] (Muscular Dystrophy Association)
- Polymyositis (PM): Medical Management [<https://www.mda.org/disease/polymyositis/medical-management>] (Muscular Dystrophy Association)

## Specifics

- Dermatomyositis (DM) [<https://www.aocd.org/page/Dermatomyositis?>] (American Osteopathic College of Dermatology)
- Inclusion Body Myositis [<https://www.ninds.nih.gov/health-information/disorders/inclusion-body-myositis>]  (National Institute of Neurological Disorders and Stroke)
- Inflammatory Myopathies [<https://www.ninds.nih.gov/health-information/disorders/inflammatory-myopathies>]  (National Institute of Neurological Disorders and Stroke)
- Polymyositis [<https://www.mayoclinic.org/diseases-conditions/polymyositis/symptoms-causes/syc-20353208?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/polymyositis/symptoms-causes/syc-20353208?p=1>]

## Genetics

- Idiopathic inflammatory myopathy: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/idiopathic-inflammatory-myopathy>]  (National Library of Medicine)

## Clinical Trials

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

## Journal Articles

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

- Article: Emerging B and plasma cell-targeting immune therapies in idiopathic inflammatory myopathies. [<https://www.ncbi.nlm.nih.gov/pubmed/40746557>]
- Article: Clinical impact of pneumomediastinum in patients with myositis-associated interstitial lung disease. [<https://www.ncbi.nlm.nih.gov/pubmed/40644484>]
- Article: Integrating Machine Learning into Myositis Research: a Systematic Review. [<https://www.ncbi.nlm.nih.gov/pubmed/40624382>]
- Myositis -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Myositis%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bdat%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

- 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>]

## Children

- Dermatomyositis (Juvenile) [<https://rheumatology.org/patients/dermatomyositis-juvenile>] (American College of Rheumatology)  
Also in Spanish [<https://rheumatology.org/patients/dermatomyositis-juvenile>]
- Juvenile Dermatomyositis (For Parents) [<https://kidshealth.org/en/parents/jdm.html>] (Nemours Foundation)  
Also in Spanish [<https://kidshealth.org/es/parents/jdm.html>]

## Patient Handouts

- Creatine phosphokinase test [<https://medlineplus.gov/ency/article/003503.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003503.htm>]
- Dermatomyositis [<https://medlineplus.gov/ency/article/000839.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000839.htm>]
- Polymyositis - adult [<https://medlineplus.gov/ency/article/000428.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000428.htm>]



## MEDICAL ENCYCLOPEDIA

- Collagen vascular disease [<https://medlineplus.gov/ency/article/001223.htm>]
- Creatine phosphokinase test [<https://medlineplus.gov/ency/article/003503.htm>]
- Dermatomyositis [<https://medlineplus.gov/ency/article/000839.htm>]
- Myoglobin blood test [<https://medlineplus.gov/ency/article/003663.htm>]
- Myoglobin urine test [<https://medlineplus.gov/ency/article/003664.htm>]
- Polymyositis - adult [<https://medlineplus.gov/ency/article/000428.htm>]

## Related Health Topics

- Muscle Disorders [<https://medlineplus.gov/muscledisorders.html>]

## National Institutes of Health

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

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Last updated December 11, 2024