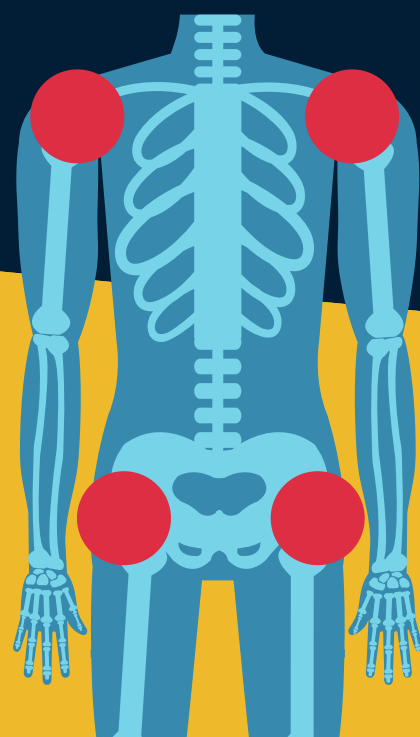


# POLYMYALGIA RHEUMATICA



## 1. What is it?

PMR is a rheumatic inflammatory disease characterized by aching and morning stiffness in the neck, shoulder, and pelvic girdle

## 2. Core Characteristics

- Over 50 years old (most common age 65+ and female)
- bilateral shoulder and/or pelvic girdle pain/stiffness
- Stiffness >30mins after waking or rest



## 3. Additional characteristics

- Low-grade fever, fatigue and weight loss occur in 40–50%
- Night pain and discomfort
- Usually a rapid onset of symptoms (but be aware that some people may have been misdiagnosed as frozen shoulder or cuff related pain)

## 4. Diagnosis

- For someone with core PMR characteristics: arrange inflammatory bloods including ESR and CRP
- If high inflammatory markers and other causes excluded, refer to GP for management

## 5. Management

Oral prednisolone is the main treatment for PMR. Generally, the initial dose is maintained for 3-4 weeks and then tapered progressively. Patients will normally report an immediate response to the medication

(NICE Guidelines)

