Joint and muscle pain in Sjögren’s may result from a variety of causes including inflammation, fibromyalgia, age-related osteoarthritis, vitamin D deficiency, hypothyroidism etc. Work with your rheumatologist to identify the specific cause(s) of your pain and find the best treatment regimen for you. Maintain a positive attitude and be an active partner in the management of your pain. The tips below will also help.

► Become knowledgeable about your medications.

► Get a good night’s sleep
  • Maintain a regular sleep schedule.
  • Set aside an hour before bedtime for relaxation. Listen to soothing music. Consider taking a warm bath before going to bed.
  • Make your bedroom as quiet and comfortable as possible.
  • Avoid caffeine and alcohol late in the day.
  • Avoid long naps during the day.

► Exercise regularly with the goals of improving your overall fitness and keeping your joints moving, the muscles around your joints strong, and your bones strong and healthy.
  • A physical therapist, occupational therapist, or your health-care provider can prescribe an exercise regimen appropriate for your joint or muscle problem.
  • Start with a few exercises and slowly add more.
  • Make your exercise program enjoyable. Do it with your spouse or a friend. Include recreational activities, such as dancing, walking, and miniature golf.
  • Try different forms of exercise, such as Tai chi, yoga, and water aerobics.

► Balance rest and activity.
  • Pace yourself during the day, alternating heavy and light activities and taking short breaks to rest.

► Control your weight.

► Protect your joints and muscles.
  • Use proper methods for bending, lifting, and reaching.
  • Use assistive devices, such as jar openers, reach extenders, and kitchen and garden tools with large rubber grips that put less stress on affected joints.

► Use various therapeutic modalities that can relieve joint and muscle pain.
  • Use heat (heating pads, warm shower or bath, paraffin wax) to relax your muscles and relieve joint stiffness.
  • Use cold packs to numb sore joints and muscles and reduce inflammation and swelling of a joint.
  • Consider massage therapy.
  • Practice relaxation techniques, such as guided imagery, prayer, and self-hypnosis.