



# Pain



When you have PSP you may experience varying degrees and types of pain. Pain is more common in PSP than was initially presumed and can be present as a direct result of PSP, or as part of any other conditions that you are experiencing.

## Cramps and spasms

Most commonly you may experience muscle spasms or cramps as a result of muscular rigidity and stiffness. Or you may find that you experience headaches or a 'muzzy' or 'foggy' sensation in your head as a result of stiffness in your neck and back muscles. You may find the following treatments beneficial:

- Gentle massage of the area
- Muscle relaxant medications, which may be prescribed by your GP
- Passive exercises may help you to maintain a good range of movement in the joints (speak to your physiotherapist for more information)
- Applying specifically designed heat packs to affected areas may provide some comfort
- In some circumstances, your neurologist may suggest an injection of botulinum toxin (BOTOX) into the affected muscles, to reduce pain and spasm. The effects of the treatment last for approximately 3-4 months.



## Other causes of pain

You may experience pain from events that are secondary to having PSP. For example, pain from falls or pain from pressure sores that you may have developed as a result of poor mobility. You may also feel discomfort due to the effect that PSP has had on your posture, making it difficult for you to get comfortable.

Regardless of what is causing your pain, the most important thing is to seek medical attention. Pain may be relieved in a number of ways, from medications and injections, to passive exercises and use of specialist equipment to help you feel more comfortable. Talk to your GP, who may prescribe medications or refer you on to other professionals such as the physiotherapist, or the pain clinic.