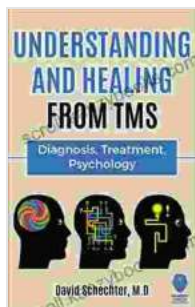


# Understanding and Healing from TMS: A Journey to Recovery

## What is TMS?

TMS (Tension Myositis Syndrome) is a chronic pain condition that can cause severe muscle pain and stiffness. It is thought to be caused by a combination of physical and psychological factors, and it is often associated with stress, anxiety, and depression.



## Understanding and Healing from TMS: Diagnosis, Treatment, Psychology by Emma Derbyshire

★★★★☆ 4.7 out of 5

Language	: English
File size	: 850 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Lending	: Enabled
Print length	: 113 pages



TMS can affect any muscle in the body, but it is most commonly found in the neck, back, and shoulders. The pain can be constant or intermittent, and it may range from mild to severe. Other symptoms of TMS can include:

\* Muscle spasms \* Tingling or numbness \* Weakness \* Fatigue \*  
Headaches \* Insomnia

## **What causes TMS?**

The exact cause of TMS is unknown, but it is thought to be caused by a combination of physical and psychological factors. Some of the risk factors for TMS include:

\* Stress \* Anxiety \* Depression \* Trauma \* Chronic pain \* Repetitive motions \* Poor posture

## **How is TMS treated?**

There is no cure for TMS, but there are a number of treatments that can help to manage the pain and improve overall well-being. Some of the most common treatments for TMS include:

\* Physical therapy \* Massage therapy \* Acupuncture \* Chiropractic care \* Pain medication \* Antidepressants \* Cognitive-behavioral therapy \* Mindfulness-based stress reduction

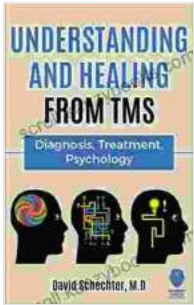
## **Tips for managing TMS**

In addition to medical treatment, there are a number of things you can do to help manage your TMS pain and improve your overall well-being. Some of these tips include:

\* Exercise regularly \* Eat a healthy diet \* Get enough sleep \* Manage stress \* Practice relaxation techniques \* Seek social support

TMS is a chronic pain condition that can have a significant impact on your life. However, there are a number of treatments and self-management strategies that can help you to manage your pain and improve your overall

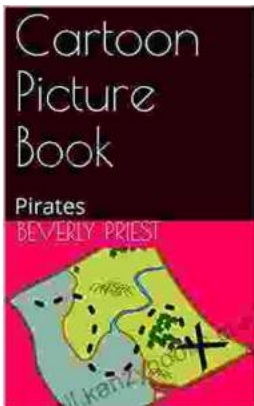
well-being. If you are struggling with TMS, talk to your doctor or a pain specialist to learn more about your treatment options.



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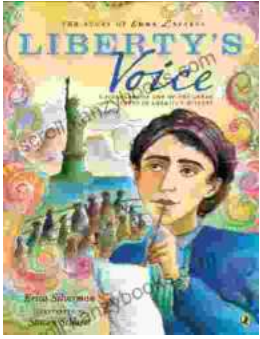
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