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## Evaluating diffuse aches and pains

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### Learning Objectives

1. List several common systemic causes of diffuse aches and pains, and develop a framework for evaluating a patient who presents with them
2. Know the features of patients presenting with polymygia rheumatica and inflammatory myopathies, and how they differ from fibromyalgia (FM)
3. Identify the clinical features commonly seen in individuals with FM
4. Understand the concept of central pain, as opposed to nociceptive and neuropathic pain
5. Know which systemic and regional syndromes can overlap with FM
6. Describe some of the likely pathogenic mechanisms involved in FM
7. Describe the principles of FM management
8. List which classes of medications play a role in the treatment of FM, and which do not