

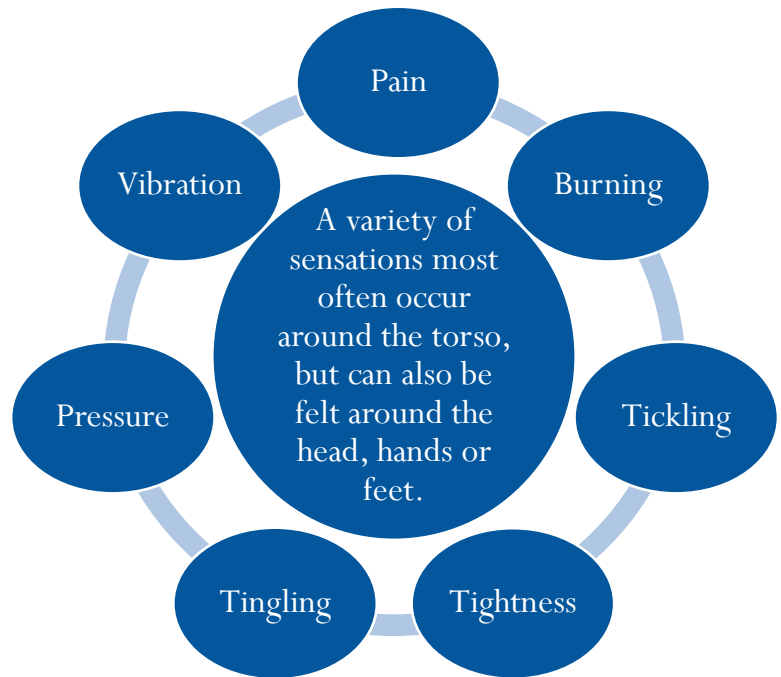


## What is the MS hug?

The MS hug is a type of pain associated with MS that goes by the medical term dysesthesia. Because it feels like something is tightly wrapped around the torso, it is also known as banding or girdling. As with other MS symptoms, the MS hug is unpredictable and each person experiences it differently, if at all.



The MS hug can last a few seconds to a few hours, and in rare cases, a few days.



The MS hug often resolves on its own. If it persists, here are some ways to ease it:

### Lifestyle Changes

- Avoid triggers
- Apply pressure
- Move or stretch
- Apply hot or cold
- Wear comfortable clothing

### Alternative Therapies

- Massage
- Accupuncture
- Hypnosis
- TENS unit
- Relaxation techniques

### Oral Treatments

- Muscle relaxants
- Anticonvulsants
- Antidepressants
- Steroids (in cases of MS relapse)
- Vitamins and minerals

