



Linking Myofascial Pain Syndrome on physical activity, Nutrition and Health

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Abstract

Myofascial Pain Syndrome (MPS) is a common term used to denote muscular pain that originated from the musculoskeletal system and is characterized by trigger points. MPS is the leading cause of disability among the working population and is estimated to affect 23 million or 10% of the general American population. Though the etiology for the development of this soft tissue condition is still inconclusive and equivocal, the leading belief is that trigger points develop as a result of direct or indirect trauma. Among other potential perpetuating factors, MPS is linked with nutrition and physical activity related health conditions. Empirical evidences show the link between sedentary lifestyle like physical inactivity and obesity and, nutritional deficiencies such as certain water-soluble vitamins and minerals in relation with chronic myofascial pain syndrome. Food is the basis for optimizing the overall health status, and nutrition is the science of food that lay the foundation of healthy living. Eating the right food helps maintain a healthy body and reduces the risk of developing chronic diseases like cardiovascular diseases and diabetes.

Biography

Andrew Lalchhuanawma is a Research Scholar from the Department of Nutrition and Dietetics, Faculty of Applied Sciences at Manav Rachna International Institute of Research

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Publication

1. The effect of strength training of the calf muscle pump on cardiovascular parameters
2. Andrew Lalchhuanawma¹, Divya Sanghi² ¹ Department of Physiotherapy, Manav Rachna International Institute of Research and Studies, Faridabad, Haryana, India ² Faculty of Applied Sciences, Manav Rachna International Institute of Research and Studies, Faridabad, Haryana, India
3. The Link Between Emotional and Psychological Distress with Myofascial Pain Syndrome; Andrew Lalchhuanawma, Department of Physiotherapy, Faculty of Applied Sciences, Manav Rachna International Institute of Research & Studies, Faridabad, India

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