

Myofascial Pain and the Treating Methods

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Abstract

Myofascial pain is the pain associated with inflammation or irritation in the muscle or the area surrounding the muscle. It is actually a common tissue with estimates that most of the general population will experience it at some point in their lifetime. Myofascial pain syndrome (MPS) is a common clinical problem which starts from the muscle and gives sensory pain caused due to the myofascial trigger points which are the main areas of tenderness occurred due to hypercontracted muscle tissue.

Keywords: Myofascial pain, Trigger points, Hypersecretion

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Introduction

There are a variety of Myofascial pains that occur due to different sensory pains in the joints. They are classified into active and latent trigger points. Let's discuss them in brief: An active trigger point is one with spontaneous pain or the local pain and the latent trigger point is one that is sensitive and causes discomfort caused due to compression of the muscle or area around the muscle.

Some of the characters of the Myofascial pain syndrome (caused by both the active and latent trigger points) are pain or compression in the muscle or area around the muscle, muscle soreness, muscle tightness, vasoconstriction, hypersecretion, it doesn't cause any spontaneous pain but it causes weakness in the muscles.

Active locus is the motor component of a Myofascial trigger point. From this locus, spontaneous electrical activity, referred to as endplate noise (EPN), are often recorded. When the active trigger point becomes persistent then they develop into satellite trigger point. These satellite trigger points are localized in the primary trigger point where the active trigger point which is usually an overloaded synergetic muscle. One another important characteristic of the MPS is the electrical activity occurs in the Myofascial trigger points of the muscle and the areas around the muscle. This we term as active locus or the primary locus. Taut band is nothing but the tense muscle fiber, which is one of the characteristic of the trigger point. These trigger points are highly irritable spots present in the taut band. So, the patients may have pain in the affected muscles. These include muscles used to maintain body posture like in the

neck, shoulders and so on. They also cause headaches, pain in the leg joints, pain in the lower back etc.

Treatment for the trigger points by manual methods depends on the training and skill of the physician as well as the nature of the trigger point. Physical therapy can be used to give accurate treatment to the trigger points. To be precise, manual methods are used on patients who have fear of injections (extreme fear) or if the trigger point is present in the middle of the muscle that is difficult for the needle to penetrate or a bit sensitive in nature. Spray and Stretch technique involves passively stretching the target muscle. Another treatment is Ultrasound; this type of therapy uses sound waves to increase blood circulation and warmth, which helps in the healing of the tissue around the muscle.

There are also some disadvantages due to the trigger point injections such as the skin infection, needle breakage, vasovagal syncope.

Some of the simple treatments for Myofascial pain are heat therapy (hot pack or hot shower) would ease the pain, trigger point self-massage, and yoga, exercises that strengthen the muscles surrounding the trigger points does help on stressing on the muscle.

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