



## Treatment of Myofascial Pain Syndrome

Ana Golez

General and Teaching Hospital Celje, Slovenia

### Abstract

Myofascial pain syndrome is pain in myofascial trigger points in skeletal muscles, which can lead to limited motion, strength, sleeping disorders and lower quality of life. Appropriate evaluation and management of myofascial pain is an important part of rehabilitation, including the pharmacologic and nonpharmacologic treatments. Pharmacologic Treatment of Myofascial Pain includes Analgesic Drugs, Muscle Relaxants, Anticonvulsants, Antidepressants And Other Treatments, like Botulinum type A toxin, Ketamine, L-tryptophan and memantine. Nonpharmacologic Treatment of Myofascial Pain includes injections, which is mostly common and effective treatment. Injections may employ dry needling, short- or long-acting anesthetics, or steroids.

### Biography

Ana Golež, MD, PhD, PRM Specialist, Working at General and Teaching Hospital Celje, Slovenia, Europe. She has published many articles in an International Journal with her experience

### Publications

Matja Sajovic, Ana Golez, Natasa Sipka "Journal of Sports Medicine & Doping Studies", 2018: 08(4).

2<sup>nd</sup> International Conference on Pharmacology and Pharmaceutical research  
Webinar | April 21, 2021

**Citation:** Ana Golez, *Treatment of Myofascial Pain Syndrome*, Euro pharma 2021, 2<sup>nd</sup> International Conference on Pharmacology and Pharmaceutical research, Webinar, April 21, 2021, 05:02-08