



Myofascial Pain Syndrome

What is Myofascial Pain Syndrome?

Myofascial Pain Syndrome, which is one of the most common causes of acute and chronic pain, refers to pain and inflammation in the body's soft tissues. Myofascial Pain Syndrome may involve either a single muscle or a muscle group. The pain associated with Myofascial Pain Syndrome centers around sensitive points in your muscles called trigger points. The trigger points in your muscles can be painful when touched and the pain can spread throughout the affected muscle. Myofascial Pain Syndrome has been linked to many types of pain including migraine headaches, jaw pain, severe neck pain, back pain, pelvic pain, arm pain and leg pain.

What are the symptoms of Myofascial Pain Syndrome?

Signs and symptoms of Myofascial Pain Syndrome may include:

- Deep, aching pain in a muscle
- Pain that persists or worsens
- Muscle stiffness
- Joint stiffness near affected muscle
- Difficulty sleeping due to pain
- Area of tension in your muscle may feel like a knot, tight spot, or may be particularly sensitive to touch

What causes Myofascial Pain Syndrome?

Sensitive areas of tight fibers can form in your muscles after injuries or overuse. These sensitive areas are called trigger points. A trigger point in a muscle can cause strain and pain throughout the muscle. When the pain persists and worsens doctors call it Myofascial Pain Syndrome.

What are the risk factors for Myofascial Pain Syndrome?

Factors that may increase your risk for Myofascial Pain Syndrome include:

Muscle Injury

Stress on your muscles can cause trigger points to form causing Myofascial Pain Syndrome.

Inactivity

If you have ever been unable to use a muscle, such as after surgery or after a stroke, you may experience trigger points in your muscles during recovery which can lead to Myofascial Pain Syndrome.

Stress and Anxiety

People who frequently experience stress and anxiety may be more likely to develop trigger points in their muscles which can lead to Myofascial Pain Syndrome.

Age

Myofascial Pain Syndrome is more common in middle-aged adults.

Gender

Women are more likely to experience Myofascial Pain Syndrome than men.

Are there any complications associated with Myofascial Pain Syndrome?

Myofascial Pain Syndrome can lead to other complications over time. These complications include:

Muscle weakness

Can occur over time due to inactivity

Sleep problems

The symptoms of Myofascial Pain Syndrome may make it difficult to find a comfortable sleep position.

Fibromyalgia

Some research suggests that Myofascial Pain Syndrome may develop further into fibromyalgia in some people.

What are Myofascial Pain Syndrome treatment options?

At Newbridge Spine & Pain Center, we customize our myofascial pain treatment options to fit our patient's needs. Discuss your options and treatment preferences with your pain management doctor. Sometimes more than one approach is necessary to achieve optimal pain relief. Myofascial pain treatment options include:

- Physical therapy
- Trigger point injection therapy
- Medications
- Acupuncture

Where can I find more information?

American Pain Society
www.ampainsoc.org

American Pain Foundation
www.painfoundation.org

SpineUniverse
www.spineuniverse.com

American Academy of Pain Medicine
www.painmed.org/patient



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