

# Pain Solutions

[www.sepainandspinecare.com](http://www.sepainandspinecare.com)

## Myofascial Pain Syndrome



### What is myofascial pain?

Myofascial pain, which is one of the most common causes of acute and chronic pain, refers to pain and inflammation in the body's soft tissues. It 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 headaches, jaw pain, neck pain, low back pain, pelvic pain, arm pain and leg pain.

### What are the symptoms?

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 the affected muscle
- Difficulty sleeping due to pain
- Area of tension in your muscle that may feel like a knot, tight spot, or may be particularly sensitive to touch

### What causes the pain?

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?

Factors that may increase your risk of muscle trigger points include:

**Muscle injury** - stress on your muscles can cause trigger points to form.

**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.

**Stress and anxiety** - people who frequently experience stress and anxiety may be more likely to develop trigger points in their muscles.

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

**Gender** - women are more likely to experience this pain syndrome.

### Are there any complications associated with the 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 this pain syndrome may make it difficult to find a comfortable sleep position.

**Fibromyalgia** - some research suggests that Myofascial Pain Syndrome may develop into fibromyalgia in some people.

### What are treatment options?

At Southeast Pain and Spine Care, we customize our treatment options to fit our patient's needs. Discuss your options and treatment preferences with your doctor. Sometimes more than one approach is necessary to achieve optimal pain relief. Treatment options include:

- Physical therapy
- Trigger point injections
- Medications
- Acupuncture

