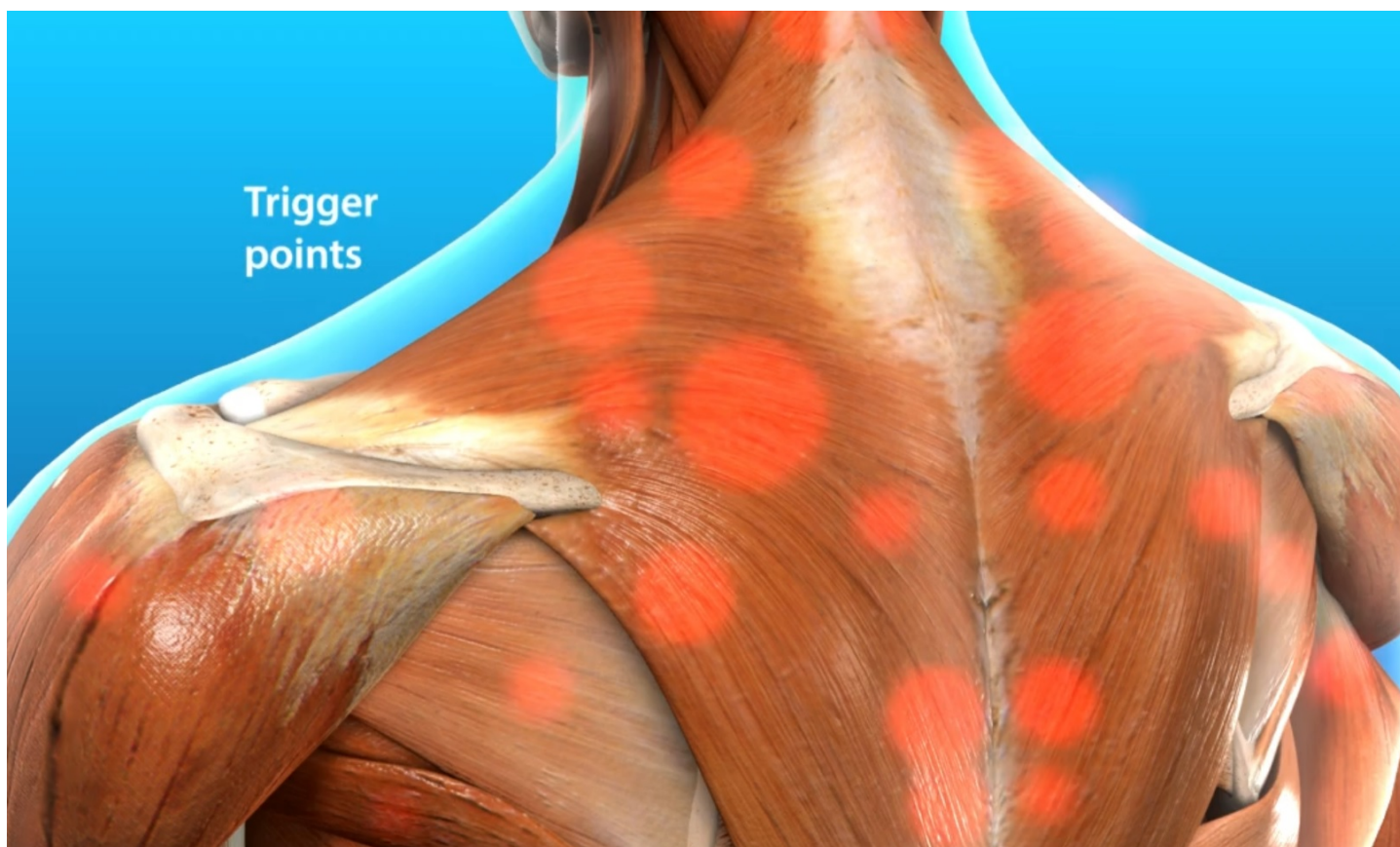


Myofascial Pain Syndrome

Overview

Myofascial pain syndrome is a chronic pain disorder that affects the muscles and their surrounding connective tissue (the fascia). This condition may cause you to develop sensitive areas in your body called "trigger points." Pressing down on these trigger points causes pain.



Causes and Risk Factors

Medical science does not fully understand what causes myofascial pain syndrome. Likely causes include injury, muscle overuse, stress, anxiety, and depression, all of which limit your ability to relax your muscles. Skeletal abnormalities may also contribute to one developing myofascial pain syndrome.

Symptoms

The symptoms of myofascial pain syndrome include muscle spasms and sensations of deep muscle pain. The pain may be long-lasting and interfere with sleeping and other activities of daily living.

Treatment

Myofascial pain syndrome can be treated with medication, physical therapy, massage therapy, or trigger point injections.