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Introduction: Myofascial pain syndrome (MPS) is one of the most common chronic musculoskeletal pain disorders. However, MPS is often under-diagnosed. The purpose of this study was to characterize practicing clinicians' perspectives of the current diagnostic criteria for MPS.

Cited by: 5 Author: Liza Grosman-Rimon, Liza Grosman-Rim...

Publish Year: 2017

[Myofascial Pain Syndrome: Symptoms, Diagnosis & Treatment](#)

[https://my.clevelandclinic.org/health/diseases/...](https://my.clevelandclinic.org/health/diseases/)

Overview

Causes

Symptoms

Myofascial pain syndrome (MPS) refers to pain and presumed inflammation in the body's soft tissues or muscles. Myofascial pain is a chronic, painful condition that affects the fascia (connective tissue that covers the muscles). Myofascial pain syndrome might involve either a single muscle or a muscle group. In some cases, the area where a person experiences the pain might not be where the myofascial pain generator is located. Experts believe that the actual site of the injury or the strain prompts the developm...

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Aug 22, 2017. The consensus of the experts included in the current Delphi consisted of a cluster of three diagnostic criteria for identification of a TrP: namely a taut band, a hypersensitive spot, and referred pain.

Cited by: 85 Author: César Fernández-de-Las Peñas, Jan Domm...
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Feedback

Myofascial pain syndrome - Diagnosis and treatment - Mayo ...

https://www.mayoclinic.org/diseases-conditions/...

Diagnosis Treatment Clinical Trials Lifestyle and Home Remedies

During the physical exam, your doctor may apply gentle finger pressure to the painful area, feeling for tense areas. Certain ways of pressing on the trigger point can elicit specific responses. For instance, you may experience a muscle twitch. Muscle pain has many possible causes. Your doctor may recommend other tests and procedures to rule out other causes of muscle pain.

See more on mayoclinic.org

Myofascial Pain Syndrome: Symptoms, Diagnosis & Treatment

https://my.clevelandclinic.org/health/diseases/12054-myofascial-pain-syndrome

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myofascial pain syndrome

Medical condition

Myofascial pain syndrome is a chronic pain disorder. In myofascial pain syndrome, pressure on sensitive points in your muscles (trigger points) causes pain in seemingly unrelated parts of your body. This is called referred pain. Myofascial pain syndrome typically occurs after a muscle has been contracted repetitively. This can be caused by repetitive motions used in jobs or hobbies or by stress-related muscle tension.

MayoClinic

Symptoms

Signs and symptoms of myofascial pain syndrome may include:

- Deep, aching pain in a muscle
Pain that persists or worsens
A tender knot in a muscle
Difficulty sleeping due to pain

Read more on MayoClinic

Causes

Sensitive areas of tight muscle 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 this pain persists and...

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Treatments

Medications such as non-steroidal anti-inflammatories, acetaminophen or opioids may be used to treat myofascial pain. Medications for sleep, depression or muscle spasm are sometimes used, as well. Non-drug treatments may include:

Physical therapy...

Read more on WebMD

Consult a medical professional for advice.

Data from: WebMD MayoClinic Drugs

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Name of Journal: *World Journal of Clinical Cases*

Manuscript NO: 61200

Manuscript Type: EXPERT CONSENSUS

Expert consensus on diagnosis and treatment of myofascial pain syndrome

Cao QW *et al.* Expert consensus on myofascial pain syndrome

Qi-Wang Cao, Dong Huang, Yan-Qing Liu, Lin Wang, You-Qing Huang, Dong-Lin Jia, Hao Jiang, Yan Lu, Xian-Guo Liu, Rong-Guo Liu, Ying Li, Bao-Gan Peng, Tao Song, Wen Shen, Ling-Zhi Yu, Rong-Jun Zheng

Abstract

Myofascial pain syndrome (MPS) is characterized by myofascial trigger points and fascial constrictions. At present, domestic and foreign scholars have not reached consensus on the etiology and pathogenesis of MPS. Due to the lack of specific laboratory indicators and imagine evidence, there is no unified diaenostic criteria for

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International Consensus on Diagnostic Criteria and ... <https://academic.oup.com/painmedicine/article/19/1/142/4091339> ▾

Aug 22, 2017 · The consensus of the experts included in the current Delphi consisted of a cluster of three diagnostic criteria for identification of a TrP, namely a taut band, a hypersensitive spot, and referred pain. Based on the responses during all Delphi rounds, it seems that at least two of the three criteria should be present for a diagnosis of a TrP.

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Publish Year: 2018

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Introduction: Myofascial pain syndrome (MPS) is one of the most common chronic musculoskeletal pain disorders. However, MPS is often under-diagnosed. The purpose of this study was to characterize practicing clinicians' perspectives of the current diagnostic criteria for MPS. Methods: A cross-sectional study design was used with a self-administered questionnaire.

Cited by: 5 Author: Liza Grosman-Rimon, Liza Grosman-Rim...
Publish Year: 2017

PEOPLE ALSO ASK

- What is the treatment for myofascial pain syndrome? ▾
- Can myofascial pain syndrome be cured? ▾
- What does myofascial pain feel like? ▾
- What causes myofascial pain? ▾

Feedback

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