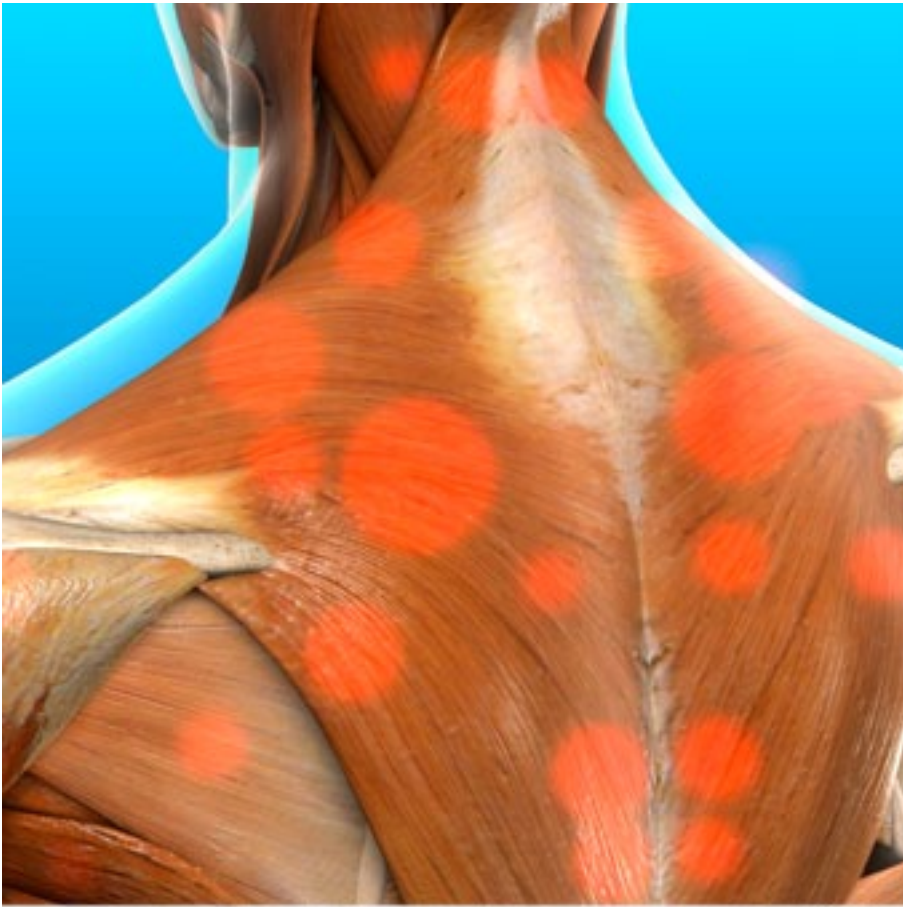


## Myofascial Pain Syndrome



### Overview

This is a chronic pain disorder. It affects the muscles and the connective tissue (called the "fascia") that surrounds them. With this syndrome, you may develop sensitive areas on your body called "trigger points." When these places are pressed or stressed, you feel pain. This condition can affect muscles throughout your body.

### Causes and Risk Factors

The cause of myofascial pain syndrome is not fully understood. It may be linked to overuse of your muscles. It may be linked to injury. It may be linked to stress, anxiety and depression, which can keep you from relaxing your muscles throughout the day. It may also be linked to skeletal abnormalities, which can place stress on your muscles.

### Symptoms

Symptoms include sensations of pain deep within one or more muscles. When you press an affected muscle, you may feel a tender knot. Your pain may linger for long periods of time. It may interfere with your sleeping, and it may cause other problems.

### Treatment

Treatment options include medications, physical therapy and massage therapy. You may benefit from needle procedures that can release tension in trigger points. Your healthcare provider can develop a care plan that is right for your needs.

