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| **Name:** |
| Josephine Hayes-Birchler |
| **Group:** |
| 1A3 |
| **Pathology Question:** |
| What is myofascial trigger point? |
| **Report:** |
| Myofascial trigger points are hard, discrete, palpable nodules in a taut band of skeletal muscle that may be spontaneously painful(active) or painful only on compression(latent). Myofascial trigger points lead to Myofascial pain syndrome which is a chronic pain disorder where pressure on the sensitive points in the muscles(trigger points) causes pain in the muscles and sometimes in seemingly unrelated parts of the body.  This syndrome typically occurs after a muscle has been contracted repetitively. The discomfort associated with the myofascial pain syndrome will persist or worsen. Treatment options can include; physical therapy, trigger point injections, pain medications and relaxation techniques help as well. |
| **References:** |
| Shah JP, Thaker N, Heimur J, Aredo JV, Sikdar S, Gerber L. Myofascial Trigger Points Then and Now: A Historical and Scientific Perspective. *PM R*. 2015;7(7):746-761. doi:10.1016/j.pmrj.2015.01.024  Money S. Pathophysiology of Trigger Points in Myofascial Pain Syndrome. J Pain Palliat Care Pharmacother. 2017 Jun;31(2):158-159. doi: 10.1080/15360288.2017.1298688. Epub 2017 Apr 5. PMID: 28379050.  Gerwin RD. Myofascial Trigger Point Pain Syndromes. Semin Neurol. 2016 Oct;36(5):469-473. doi: 10.1055/s-0036-1586262. Epub 2016 Sep 23. PMID: 27704503. |