Myofascial Pain Syndrome

You have a condition commonly called myofascial pain syndrome. This condition causes a wide variety of symptoms. The problems may include: aching, cramping, burning, numbness, tingling, and other uncomfortable sensations in muscular areas. **It most commonly affects the neck, upper back, and shoulder areas. Pain often radiates into the arms and hands**. Myofascial pain may be caused by injuries, especially auto accidents, or by overuse of certain muscles. Typically the pain is long lasting. It is made worse by overuse of the involved muscles, by emotional distress, and by cold, damp weather.

Treatment includes resting the affected muscular area and applying ice packs or moist heat to reduce spasm and pain. Stretching exercises to loosen up the muscles are also useful. Anti-inflammatory pain medicine can be very helpful. Trigger points are often present at the source of pain and injections at these points can also be used. Symptoms will gradually improve over a period of weeks to months with proper treatment. Call your caregiver for follow-up care as recommended.

SEEK MEDICAL CARE IF:

- Your pain is severe and not helped with medications.

Document Released: 01/25/2006 Document Re-Released: 03/16/2010
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