



Myofascial pain syndrome is a condition affecting the muscles and sheath (lining) of the muscles.

CAUSES

- Injury
- Excessive strain or overuse of muscles
- Anxiety and depression increasing muscle tension

SYMPTOMS

- Trigger points with referred pain
- Muscle weakness, tingling and stiffness

TREATMENT

- Rest
- Trigger point injections
- TENS unit
- Stretching exercises to loosen the muscles
- Medication
 - NSAIDS help decrease swelling, pain and fever. **ALWAYS ASK YOUR PROVIDER IF NSAIDS ARE SAFE.**
 - Acetaminophen to decrease pain

SEEK MEDICAL CARE IF:

- Your pain is severe and not helped with medications.