



AppliedOrtho Physical Therapy Newsletter

Myofascial Pain

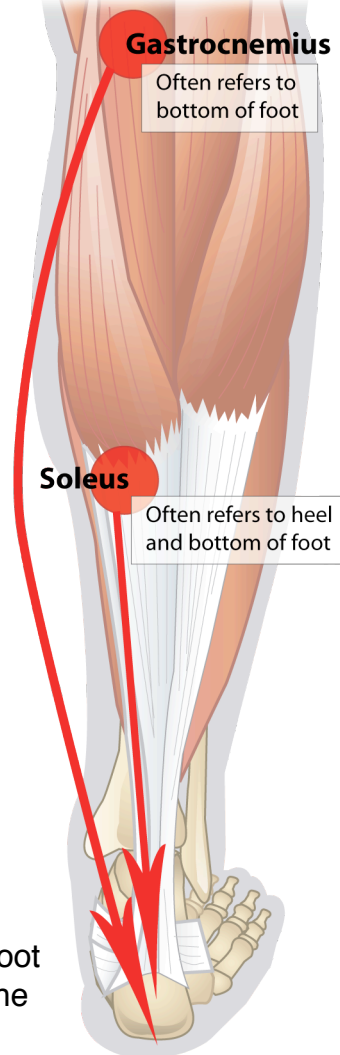
Myofascial pain results from the development of muscular trigger points. Trigger points are described as taut bands within a muscle. These taut bands can be painful at the site of the band or possibly refer pain to other parts or areas of the body. These trigger points appear to be the result of a rapid overloading to a muscle, prolonged abnormal postures or various metabolic abnormalities.

Trigger points can be classified as either active or latent. Active trigger points tend to be painful when compressed, stretched or even contracted and can affect muscle function and refer pain. A Latent trigger point is thought of as a dormant point that is not necessarily painful but may still have a negative effect on muscle function. This can result in further injury to the muscle and the development of chronic pain.

A classic example of an active trigger point is encountered with plantar fasciitis. With this condition, pain is felt along the bottom of the foot with standing and prolonged walking. While the pain is felt along the bottom of the foot, the source of the pain is often the gastrocnemius and soleus muscles in the leg.

Myofascial pain relief and the elimination of muscular trigger points are best achieved with the use of various treatment techniques. The techniques include Dry Needling, 830 Cold Laser Therapy, Joint Manipulation and ETPS Neuromechanical Therapy. In addition, activity modification and corrective exercise are often incorporated into the treatment plan to help prevent their return.

Referral Patterns For Gastrocnemius and Soleus



Our Services

- Neck and Back Strain
- Chronic Back Pain
- Headaches
- Work Injuries
- Shoulder Strains
- Shoulder Tendonitis
- Post-operative Care
- Cold Laser Therapy
- Manual Therapy
- Evidence Based

Clinics

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