

Myofascial Pain Syndrome

Diagnosis Explanation:

Myofascial Pain Syndrome (MPS) is a **chronic pain disorder** where **tight muscle fibers (trigger points)** cause **deep, aching pain** in specific areas. It often results from **muscle overuse, poor posture, stress, or trauma**. Symptoms include **localized muscle pain, stiffness, tenderness, and referred pain** (pain felt in a different area from the trigger point). Unlike fibromyalgia, MPS is **localized to specific muscle groups**.

Specific Work Modifications:

- **If your job requires standing or walking:** Use **cushioned footwear** and take breaks to stretch and change positions.
- **If your job involves lifting:** Avoid **sudden, heavy lifting** and use **proper body mechanics** to reduce muscle strain.
- **If your job is desk-based:** Ensure an **ergonomic chair and desk setup**, and take **breaks every 30-60 minutes** to stretch.
- **Avoid:** Prolonged static positions, repetitive motions, excessive stress, and poor posture.

Specific Activity Modifications:

- **If you run or play sports:** Reduce high-impact activities and switch to **low-impact exercises** like swimming or cycling.
- **If you do yoga or Pilates:** Avoid **overstretching trigger points**; instead, use **gentle mobility exercises**.
- **If you do weightlifting:** Avoid **heavy, repetitive lifting** and focus on **controlled, light resistance training**.
- **Avoid:** Prolonged static stretching, sudden movements, and activities that worsen muscle tension.

Recommended Supplements:

- **Magnesium** - 300-400mg daily to aid muscle relaxation and prevent spasms.
- **Vitamin B12** - 1000mcg daily to support nerve and muscle function.
- **Omega-3 Fatty Acids** - 1000mg daily to reduce inflammation.
- **Turmeric (Curcumin)** - 500-1000mg daily for natural pain relief.
- **Collagen Peptides** - 10g daily to support muscle and connective tissue health.

Recommended Nutrition and Hydration:

- **Eat Anti-Inflammatory Foods** (salmon, leafy greens, turmeric, berries, nuts) to reduce muscle inflammation.
- **Increase Lean Protein** (chicken, fish, tofu, eggs) to support muscle repair.

- **Consume Hydrating Foods** (cucumber, watermelon, citrus) to maintain tissue elasticity.
- **Limit Processed Foods & Sugars** to prevent inflammation.
- **Hydration:** Drink **8-10 cups of water daily** to flush toxins and reduce muscle tension.

Home Exercise Prescription (Rehabilitation for Myofascial Pain Syndrome)

Early Phase (0-2 Weeks, Reducing Pain & Releasing Trigger Points):

- **Foam Rolling (Gentle)** - Roll affected muscles for **1-2 minutes**, 2x/day.
- **Trigger Point Release (Massage Ball/Tennis Ball)** - Apply gentle pressure to tender areas for **30-60 seconds**, repeat **3x/day**.
- **Diaphragmatic Breathing** - Lie on back, inhale deeply into belly, exhale slowly, **10 breaths**, 3x/day.

Strengthening Phase (2-6 Weeks, Improving Muscle Control & Flexibility):

- **Neck & Shoulder Stretches** - Hold **20 seconds**, 3x/day.
- **Seated Cat-Cow Stretch** - Sit upright, alternate arching and rounding the back, **10 reps**, 2x/day.
- **Wall Angels** - Stand against a wall, raise arms up and down, **10 reps**, 2x/day.

Advanced Phase (6+ Weeks, Preventing Recurrence & Enhancing Mobility):

- **Resistance Band Rows** - Pull band toward chest, keeping shoulders relaxed, **10 reps**, 2x/day.
- **Pelvic Tilts** - Lie on back, engage core, flatten lower back, **10 reps**, 2x/day.
- **Swimming or Tai Chi** - **15-20 minutes/day** for gentle, full-body movement.

Helpful Books:

1. *The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief* - Clair Davies, NCTMB.
2. *Myofascial Pain and Dysfunction: The Trigger Point Manual* - Janet G. Travell & David G. Simons.

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Contact a Key West orthopedic clinic or reach out to Dr. Jason Pirozzolo.