



Myofascial Pain

What is Myofascial Pain?

Myofascial pain is pain of muscles, tendons and soft tissue affecting a general area. It is related to Fibromyalgia, but not as diffuse as Fibromyalgia. Myofascial Pain may also cause poor sleep, headaches, and stiffness or muscle aches. Stress or lack of sleep can make the symptoms of Myofascial Pain worse. More women than men have Myofascial Pain. However, it isn't life-threatening, and it doesn't cause permanent damage.

What can I do to help myself feel better?

1) Exercise: - the most important thing you can do! Goal: work up to 30-60 minutes per day, 5 days a week. Start slowly with gentle, low-impact activity.

- Brisk walk
- Aquafit
- Stationary bicycle
- Elliptical
- Swimming
- Yoga - excellent for Fibromyalgia
- Personal Trainer

2) Physical Therapy or Chiropractic

3) Acupuncture

4) Massage therapy

5) Good sleep hygiene

6) Supplements:

- Omega 3 Fish Oils (2,000-3,000mg per day)
- Vitamin B complex
- Melatonin – for sleep

7) Trigger Point Injections

8) Prescription Medication:

- Gabapentin (Neurontin)
- Lyrica
- Cymbalta
- Elavil