

[return to home](#)

Oct. 15, 2010

Enter search term here

[Conditions](#) | [Symptoms](#) | [Supplements](#) | [Procedures](#) | [Lifestyle](#) | [Specialty](#)

[Home](#) | [Diseases and Conditions](#) | [Myofascial pain syndrome](#) | [Basics](#) | [Definition](#)

Text Size:

# Myofascial pain syndrome

Advertisement

[Basics](#) | [In-Depth](#) | [Resources](#)

[Print](#) | [Share](#) | [Reprints](#)

## Definition

## Definition

### Symptoms

By Mayo Clinic staff

### Causes

Myofascial pain syndrome is a chronic form of muscle pain. The pain of myofascial pain syndrome centers around sensitive points in your muscles called trigger points. The trigger points can be painful when touched. And the pain can spread throughout the affected muscle.

### Risk factors

Nearly everyone experiences muscle pain from time to time that generally resolves in a few days. But people with myofascial pain syndrome have muscle pain that persists or worsens. Myofascial pain caused by trigger points has been linked to many types of pain, including headaches, jaw pain, neck pain, low back pain, pelvic pain, and arm and leg pain.

### Complications

### Preparing for your appointment

Treatment for myofascial pain syndrome can bring relief in many cases. Treatment options include physical therapy, trigger point injections or medications.

### Tests and diagnosis

### Treatments and drugs

### Lifestyle and home remedies

### Alternative medicine

### Coping and support

## Symptoms

## References

Dec. 3, 2009

DS01042

© 1998-2010 Mayo Foundation for Medical Education and Research (MFMER). All rights reserved. A single copy of these materials may be reprinted for noncommercial personal use only. "Mayo," "Mayo Clinic," "MayoClinic.com," "EmbodyHealth," "Enhance your life," and the triple-shield Mayo Clinic logo are trademarks of Mayo Foundation for Medical Education and Research.

## Free E-Newsletters

Subscribe to receive the latest updates on health topics.

[About our newsletters](#)

- Housecall
- Alzheimer's caregiving
- Living with cancer

Enter e-mail

## RSS Feeds

Get **free personalized** health guidance for you and your family.

[GET STARTED](#)

Check out these best-sellers and special offers on books and newsletters from Mayo Clinic.

- [Try Mayo Clinic Health Letter free!](#)
- [Mayo Clinic Wellness Solutions for Fibromyalgia DVD](#)
- [Mayo Clinic Guide to Alzheimers Disease](#)
- [Get your free trial issue of Women's HealthSource!](#)

[NOW AVAILABLE! — The Mayo Clinic Diet book](#)

### [Osteoporosis Signs Symptoms](#)

Learn About The Symptoms & Signs Of Osteoporosis Today! - Don't Wait  
[OsteoporosisOverview.net](#)

### [Heel Pain Gone Naturally](#)

EZorb® gets rid of heel pain by going after the source.  
[www.elixirindustry.com](#)

- Site help
- Podcasts
- Reprints and permissions
- Contact us
- Slide shows
- E-newsletter
- Videos
- Blogs
- Site map

Find Mayo Clinic on

- Facebook
- Twitter
- YouTube

[Privacy policy](#) (Updated July 8, 2010)   [Terms and conditions of use policy](#) (Updated July 8, 2010)

LEGAL CONDITIONS AND TERMS OF USE APPLICABLE TO ALL USERS OF THIS SITE. ANY USE OF THIS SITE CONSTITUTES YOUR AGREEMENT TO THESE TERMS AND CONDITIONS OF USE.

© 1998-2010 Mayo Foundation for Medical Education and Research. All rights reserved.



We comply with the [HONcode standard for trustworthy health information](#): [verify here](#).