

# Myofascial pain syndrome

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## Definition

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[Causes](#)

[Risk factors](#)

[Complications](#)

[Preparing for your appointment](#)

[Tests and diagnosis](#)

[Treatments and drugs](#)

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## Definition

By Mayo Clinic staff

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.

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.

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

## Symptoms

## References

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