Abstract

Title: The issue of myofascial trigger points from the perspective of modern physiotherapy

Objectives: The aim of this literary review is to find out which technique of trigger point treatment seems to be the most effective in terms of reducing pain, increasing the pressure pain threshold and increasing the range of motion in the joint.

Methods: The diploma thesis is a theoretical work prepared in the form of a literary review. The PubMed, MEDLINE, PEDro and Web of Science databases were used to search for studies using a combination of keywords, where a total of 342 titles were identified. After removing the duplicates, their total number decreased to 243, when another 113 works were discarded after screening the abstracts. Of the remaining 130, 94 of them were excluded after analyzing their full-text forms. For the final elaboration of the search, there were 36 titles left that met the criteria for inclusion and were further analyzed.

Results: In terms of pain intensity according to visual analogue scale (VAS), the most effective was standard physiotherapy or its combination with another technique (immediately after therapy and in the median 24.5 days). In terms of the effect of the intervention on the intensity of pain according to numeric pain rating scale (NPRS) measured immediately after therapy, dry needling was the most successful. In the median of 7 days the most effective was manual therapy or its combination with another technique. The increase in pressure pain threshold (PPT) immediately after therapy was recorded with the highest frequency of standard physiotherapy or its combination with another technique, at the same time with ischemic compression or its combination with another technique. In the median of 14 days was the most effective dry needling. In the issue of range of motion (ROM), standard physiotherapy or its combination with another technique was the most effective immediately after therapy and also in the median 28 days.

Keywords: trigger point, myofascial trigger point, myofascial pain, myofascial pain syndrome, trigger point therapy, myofascial trigger point therapy