

Abstrakt

Title: Terminology problems in myofascial trigger points concept

Objectives: The main aim of this work is to organize information in the field of myofascial pain syndrome and myofascial trigger points, and to show unclearness in using terminology. Another aim is to describe trigger points from the view of the etiology, the diagnosis and the therapy. Subsidiary aim is to evaluate the relation among trigger points, tender points and acupuncture points.

Methods: Design review was used in this thesis. Data was captured on the base of self studying available sources. Collecting available information from databases specialized in medicine and complementary medicine.

Results: The presentation of myofascial pain syndrome and myofascial trigger points data obtained from available sources. Introducing these information in terms of terminology, etiology, diagnosis and therapy as well as a brief evaluation of relation among myofascial trigger points, tender points and acupuncture points.

Keywords: myofascial trigger point, tender point, acupuncture point, myofascial pain syndrome, acupuncture, dry needle, needling.