

## **Bibliography**

VÍTEK, Jiří. Prevalence of myofascial trigger points in patients with rheumatoid arthritis. Prague: Charles University, 2nd Faculty of Medicine, Department of Rehabilitation and Sports Medicine, 2014. 98 p. Supervisor Zdeněk Čech DPT

## **Abstract**

### **Objectives**

The main objective of this bachelor thesis is a pilot study to analyse the prevalence of myofascial trigger point ( MTrPs ) in patients with rheumatoid arthritis (RA).

### **Methods**

The total number of 37 patients was examined. The patients were divided in three groups: 1) patients with rheumatoid arthritis, 2) patients with any other rheumatoid disease and 3) hospitalised patients without any rheumatoid disease. We monitored the frequency of typical clinical signs of MTrPs – taut band, spot of tenderness and a local twitch response in 18 selected muscles.

### **Results**

It was confirmed that in patients with rheumatoid arthritis, age does not correspond with the number of myofascial trigger points. These assumptions were not confirmed: different prevalence of MTrPs in patients with RA compared to both control groups, the decreasing prevalence of MTrPs correlating with progression of RA, the effect of biological treatment on the prevalence of MTrPs, presence of acute inflammatory joints on the prevalence of MTrPs, the impact of sleep disorders on the prevalence of MTrPs or the presence of joint deformities and deviations on the occurrence of MTrPs in patients with RA.

### **Conclusion**

It was pointed out interesting differences in the frequency of specific clinical features in patients with RA between certain phases and compared with the control groups. A path was outlined to be worth examining in further scientific studies and works with larger group of examined subjects

### **Keywords**

myofascial trigger points, rheumatoid arthritis, chronic pain, perpetuating factors