

WORKSHOP OF MIOFASCIAL TRIGGER POINTS AND LASER THERAPY

Myofascial pain syndrome is the set of sensory, motor and autonomic symptoms caused by trigger points and high prevalence. The myofascial trigger points were described in 1949 by Travell and Simons, they defined it as a hyperirritable area in a skeletal muscle associated with a palpable hypersensitive nodule, located in a taut band, the area is painful to compression and can lead to referred pain characteristic, hypersensitivity to the referred pressure, motor dysfunction and vegetative reactions. They described the mechanisms of activation, perpetuation and unblocking of them. They developed maps showing the trigger points of each muscle and its referred pain pattern.

To understand this syndrome, it is important to understand the fascial system, its alterations and implications in pain. For this it is important to know the neurophysiology of pain, mainly in chronic pain and the concept of central sensitization, which is an increase in the neuronal response to painful and non-painful stimuli, where there is an activation of the nociceptors that leads to the appearance of myofascial trigger points. In the laser workshop, a working protocol is developed where the location and palpation of the key points of the trigger is carried out, mainly we will search at the abdomen and its relations with the trigger points of the sole of the foot.

The concept of ways will be explained, and it will be shown how we can unblock any trigger point of the body from the sole of the foot, we will do it by applying laser therapy. The application of the laser for the release of myofascial trigger points is a novel therapy, and very interesting because it is painless and non-invasive, unlike other widely used therapies for the treatment of this syndrome.

A single session is enough to unblock the trigger point and the pain of the patient immediately disappears, although it is important to know the causes of perpetuation to prevent recurrence.