

45. TRIGGER POINTS. MORPHOFUNCTIONAL FEATURES APPLICATIVE IMPORTANCE

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Introduction: Myofascial pain syndrome (MPS) is a form of myalgia that is characterized by local regions of muscle hardness that are tender and that cause pain to be felt at a distance, referred pain. The central component of the syndrome is the trigger point (TP) that is composed of a tender, taut band. Stimulation of the band, either mechanically or with activity, can produce pain. MPSs can mimic or cause many common conditions such as chronic daily headache and pelvic pain because of the pain referral patterns of TPs. The MPS is not a fatal condition, but it can cause signify cant reduction in quality of life.

Purpose and Objectives: The theoretical research of the concept of Trigger Point and determination applicative importance by analyzing epidemiological indicators of TP among the population from Chisinau.

Materials and methods: This study group is consisting of 100 patients what has visited Family Medical Center N.1 from Chisinau during the period 17.03.2014 – 25.03.2014.

The selection criteria are:

- The presence of muscle pain (at least three visits to the doctor during the last year).
- The age and gender (50 men (25>40 years, 25<40 years), 50 women (25>40 years, 25 <40 years)).

In this study have been used two models of questionnaires for observing and analysis of the each participant characteristics.

Result: Amongst 100 patients with musculoskeletal pains 70% of participants have been detected the PT presence.

Minimum age of study participants was 20 years and maximum 69 years by an average 40 years (± 2 years). This fact gives a greater current problem because only this group represents mainly yield of the labor force.

Thus from 70 participants diagnosed with MPS, 39 (55.7%) represents female patients.

The muscles with maximum incidence of TP location are: *m.trapezius* – 69%, *m.romboideus* – 37%, *m.brachioradialis* – 24%, *m.quadratus lumborum* – 53%, *m.vastus* – 23%, *m.gastrocnemii* – 38%. The participants group in the study presents a TPs topography contrast by gender. MPS generates chronic pains by low intensity.

Participants in this study indicated on visual analogue scale an intensity of their pains to a minimum of 3 points and maximum of 8 points average value in the study group is 4.7 points.

Conclusion: Analysis of epidemiological evidence of TPs among the population from Chisinau outlined a high incidence of these (70%). TP has a higher prevalence at women (55.7%) and the increased incidence at average age (40 years: ± 2 years).

From topographical point of view, TP has a higher incidence in *m.trapezius* – 69%.

SDM affect quality of life and economy of the country by increasing absent days from work and increased costs for health insurance.

Keywords: Trigger points, Myofascial Pain Syndrome, *m.trapezius*