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# Myofascial Pain Syndrome

Myofascial Pain Syndrome may be related to work when the identified active trigger point is present in the region injured in a direct traumatic incident or repetitive muscular strain and where there is continuous medical evidence and reporting.

Myofascial Pain Syndrome has been associated with a variety of factors which can occur at work or during leisure activities. Development of active trigger points can be associated with mechanical, physical, and psychological stressors, as well as socioeconomic factors.<sup>23</sup> Mechanical and physical stressors such as over-stretching, and direct trauma, are of sudden onset. Gradual onset follows overuse, repetitive strain or abnormal assumed postures. Psychological stressors include depression, tension from anxiety and secondary gain.