



## Trigger points: One must remember

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### Abstract:

Myofascial pain (MFP) is a regional referred pain syndrome. In this condition, pressure on sensitive points called trigger points, which are hyperirritable spot associated within a taut band of a skeletal muscle that is painful on compression or muscle contraction were developed and causes pain in the muscle and sometimes these refer usually deep, aching, rarely burning, lancinating or sharp stabs of pain to distant sites that often include non-muscular structures. This is called referred pain. This can be caused by repetitive motions used in jobs or hobbies or by stress-related muscle tension. While nearly everyone has experienced muscle tension pain, the discomfort associated with myofascial pain syndrome persists or worsens. The most important aspect of managing myofascial pain is the identification and control of causal and perpetuating factors and treatment options include physical therapy and trigger point injections. The objective of the presentation is to highlight the cause of trigger points with its remedial measures.

### Biography:

Ugrappa Sridevi currently working as senior lecturer in the Faculty of Dentistry, AIMST University, Malaysia. She is awarded with gold medal in her postgraduation in field of Oral Medicine and Radiology. She is awarded with fellowship in Digital Dental Internationale In-



dia. She is a devoted academician with vast clinical and teaching experience of more than a decade. Her passion towards research in the field of oral cancer lead to pursue her doctorate in philosophy in the same field. She has attended various national and international conferences and has keen interest in organizing various workshops and conferences. She is editorial member and reviewer of various reputed journals and has notable number of publications in indexed peer reviewed journals.

### Publication of speakers:

1. Ugrappa Sridevi. Photodynamic therapy-a non-invasive treatment modality for precancerous lesions. Journal of lasers in medical sciences. 2016 (1), 30.
2. Ugrappa Sridevi. Photodynamic therapy-a non-invasive treatment modality for precancerous lesions. Journal of lasers in medical sciences, 2016. 7 (1), 30.

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