

- **Format:** Abstract
- **NO FULL TEXT AVAILABLE**

- **Chu J:** Myofascial pain syndrome - trigger points. *J Musculoske Pain* 5(1):133-135, 1997.

RESULTS:

52% returned patient questionnaires 2 weeks post EMG examination. Group 1 (82/122 patients [67.2%]), averaged pain relief of 51.8 +/- 21.9%, a mean of 10.2 +/- 8 days; 14% had > or = 75% relief. The number of days of pain relief correlated positively with the percentage of pain relief ($p < 0.005$), but negatively with the number of nerve roots involved on EMG ($p < 0.05$). Group 2 (23/42 patients [54.8%]), averaged relief of 39.0 +/- 18.7%, lasting 8.8 +/- 11.2 days. None had > or = 75% pain relief. Both groups' duration of pain symptoms affected onset of relief. Evidence of bilateral multiple-level cervical nerve root irritation, especially noted at bilateral C6 and C7 levels.

CONCLUSION:

EMG at tender points on myofascial bands tends to improve symptoms. Needling these points elicits motor endplate activity and twitches, and induces more relief than when needling random points.