

Etiology of Myofascial Pain

Rehana Younus Lakhani*

Dentistry and Aesthetics, Pakistan

***Corresponding Author:** Rehana Younus Lakhani, Dentistry and Aesthetics, Pakistan.

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Currently Dentists are facing plenty of patients with facial and temporal discomfort and pain, this scenario get worst after COVID-19, that's I thought and decide to write about this topic little more, as this is very lengthy topic so I will provide only guideline of the disease, sign and symptoms, and off course the treatment:

- Infection/Abscess.
- Postural factors (Such as holding a telephone between the ear and shoulder).
- Trauma.
- Ankylosis.
- Jaw lock.
- Mal teeth alignment.
- Oral submucous fibrosis.
- Betel nut chewing infection.
- Muscle spasm.
- Tooth filling (High spot).
- Tooth ache.
- Root canal treatment (Post operative).
- Tooth extraction.
- Orthodontic treatment.
- Dislocation of jaw.
- Tension.
- Otitis externa Simmer.
- Pericoronitis.
- Myofascial pain syndrome.

- Nerve injury.
- Jaw or tooth fracture.
- Implant.
- Tooth cavity.
- Gum disease.
- Facial paralysis.
- Tumor.
- Anxiety.
- Always being talkative always chewing.
- Abnormal jaw growth.
- Muscle spasm.
- Wrong local anesthesia injection.
- Sialolithiasis.
- Ligament stretch TMJ.
- TMJ dysfunction disorder.
- Trigeminal neuralgia.
- Bruxism.
- Clenching of teeth.
- Medicine.
- Insomnia.
- Sinusitis.
- Arthritis or bone disease.
- Macrogathia.
- Orthodontic retainer.
- Sometime migraine.

- Nature of work (Overnight work).
- Posture.
- Osteomyelitis.
- Cyst.
- Wearing of jaw cartilage anxiety.
- Anger feelings.
- Injury.
- Heart attack.
- Joint dysfunction.
- Unknown.
- High blood pressure.

Sign and symptoms

- Pain.
- Discomfort.
- Restlessness.
- Restricted mouth opening.
- Clicking sound.
- Headache.
- Lock jaw.
- Ear pain.
- Eye pain.
- Swelling.
- Pain while chewing or talking.
- Swelling.
- Dizziness.

- Limited mouth opening.
- Sometime shoulder and neck pain inflammation.
- Infection.
- Redness of the skin.

Targeted people

- Most found in Ladies age between 25 to 50 years old.
- Those who are wearing orthodontic braces.
- Athlete.
- Labors (heavy duty worker).
- Poor posture.
- Mentally and physically disturbed person.
- Long duty hours worker.
- Excessive use of computer use.

Treatment

- Nonsteroidal anti-inflammatory will give relief from pain and swelling.
- Moist heat.
- Cold packs 10 minutes.
- Jaw stretching exercises.
- Above are the emergency and home-based treatment if condition persist for more than 24 hours please visit to the Dentist and Physician immediately. Your doctor will start treatment accordingly and will refer to the specialist.
- Surgical, nonsurgical.
- Injection in the TMJ.
- Exercise.
- Medicine.

- NSAID-nonsteroidal anti-inflammatory drugs should be the first choice of drug available in the tablet, patches Gel and spray form. Secondly heat sponging will be beneficial for you, if you can't manage this the alternative is hot shower or rest in the bathtub with hot water at least 2 times in a day for 5 to 20 minutes. Massage will give relief also. Posture is very important, to correct your posture, please have at least one sitting with your physical trainer or therapist. Trainer will also guide you to how you are going to stretch your body, that will not create pressure on your trigger points. Please avoid self-medication. Sometimes your Dentist may prescribe antidepressant to improve your sleep.
- Dentist may suggest sedative after taking a very detail history of your illness.
- Deep pressure-Myofascial release with deep pressure. This technique is very effective when medicine show not good enough result. Purpose is to mobilize muscle along with fascia by applying deep pressure and kind of stretch too. The pressure may be gentle soft or little hard, depend upon the condition. In this way you decrease the muscle spasm and increase flexibility of muscle. For this procedure the therapist must be well trained.
- Compression-Ischemic compression will give good relief of pain, but I must say again that your therapist must be competent in his work. This all procedure involve manual only.
- TENS-Through this procedure physiotherapist your fiber is activated to control pain in large diameter. There are big processes behind but for the nonmedical reader it is enough to know that this process normally gives you good relief from the pain
- Furthermore, your Dentist may advise you, anticonvulsant and neuropathic analgesic, researchers believe that these drugs have limited response on myofascial pain.
- Anesthetic topical patches may sometimes work.
- Electromyographic biofeedback- this kind of therapy is similar with TENS, but I must say advance in level, Uses of surface electrodes are common, and therapist keep strong eye on muscle tension. Therapist found plenty of relief in TMJ pain in the field of dentistry.
- Ultrasound-Involved area is being treated with high frequency of acoustic energy, which blood flow on that area and changes the involve neuro conduction velocity, to reduce inflammation. Sometimes it works but also some time patients say no change in the pain, so in my opinion still this treatment is not completely effective.
- Laser application-The purpose of laser therapy is to stimulate cellular energy to fight against the pain, the result will be increase cell metabolism. Clinical studies show very good response by use of LLLT low level laser therapy.
- Psychosocial intervention-Is patient is suffering from depression, please first this matter, 50% patients recover after treatment.
- Needling-This procedure is little painful but will provide immediate relief. Injection of steroids and Anesthetic agent known as good therapy now adays.
- Trigger point injection-This contains different type of solution depend upon the requirement, like water, botulinum, toxins, saline, corticosteroid, and pain killers. Researcher says that sometimes it may arise worst result so don't go at once on this kind of treatment, first try noninvasive procedure.
- Discussion-Your doctor is the best person who is going to diagnose the root cause and start treat, alone or association with some panel of different specialties doctors. Also, they will be going to decide the treatment planning.

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