What is myofascial pain?

Myofascial pain is pain and inflammation in the body's soft tissue. It affects muscle and the connective tissue that covers it (called fascia). Myofascial pain may happen to a single muscle or a muscle group. Without treatment, myofascial pain doesn’t go away or gets worse.

How is myofascial pain diagnosed?

Your doctor will identify trigger points. These are tender areas on the body that cause pain when pressure is applied. A trigger point will usually cause pain in an area that is larger than the trigger point itself.

How is myofascial pain treated?

There are several ways to treat myofascial pain:

- Physical therapy
- Massage therapy
- Relaxation techniques
- Trigger point injections

Some patients need more than one treatment. Medications may also help with issues that myofascial pain causes, such as sleeping problems and depression.

Supportive Oncology and Survivorship (SOS) Service

The SOS Service at Huntsman Cancer Institute (HCI) provides support for cancer patients, including help with pain management and other symptoms or concerns.

Specialists from several HCI clinics and programs are part of the SOS Service:

- Supportive Oncology Clinic
- Linda B. and Robert B. Wiggins Wellness-Survivorship Center
- Patient and Family Support (social workers)
- Spiritual Care Services (chaplain)

Contact the SOS Service with questions or concerns by calling 801-213-4246, Monday - Friday from 8 a.m. to 4 p.m.