

## Soft Tissue

### Trigger points and myofascial pain syndrome

Evidence level B (moderately strong evidence) – manual therapies provide immediate pain relief for trigger points (TrPs)<sup>1</sup>

Evidence level C (limited evidence) – supporting manual therapies for long term use in management of TrPs and myofascial pain syndrome (MPS)<sup>1</sup>

Level A (substantial evidence) – laser therapy is effective for TrPs and MPS<sup>1</sup>

Level B – TENS may be effective for immediate relief for TrPs<sup>1</sup>

Level C – (frequency modulated neural stimulation) FREMS, (high-voltage galvanic stimulation) HVGS, (electrical muscle stimulation) EMS and Interferential current (IFC)<sup>1</sup>

Level C – ultrasound no more effective than placebo<sup>1</sup>

Level B - magnets may be effective for TrPs and MPS<sup>1</sup>

Level B – deep acupuncture for TrPs for up to 3 months<sup>1</sup>

### Tendinopathy

Clinically important benefit - therapeutic US for calcific shoulder tendinopathy<sup>2</sup>

Lack of evidence – “thermotherapy, therapeutic exercise, massage, transcutaneous electrical stimulation and other forms of electrical stimulation, mechanical traction, combined rehabilitation approaches”<sup>2</sup>

No recommendations – manipulation/mobilization alone or in combination with other interventions<sup>2</sup>

### Fibromyalgia

Fibromyalgia syndrome “is not a peripheral disorder of the soft tissues, but rather a disorder of aberrant pain processing and central sensitization”<sup>3</sup>

Strong evidence – low-dose antidepressants; light aerobic exercise and Cognitive Behavioral Treatment (CBT)<sup>3</sup>

Moderate evidence – massage, muscle strength training, acupuncture and spa therapy (balneotherapy)<sup>3</sup>

Limited evidence – spinal manipulation; movement/body awareness; and vitamins, herbs and dietary modifications<sup>3</sup>

“No single therapy or intervention that can be considered a cure”<sup>3</sup>

Combination of therapies is most helpful<sup>3</sup>

More research is necessary<sup>3</sup>

### References

1. Vernon H, Schneider M. [Chiropractic management of myofascial trigger points and myofascial pain syndrome: a systematic review of the literature](#). *J Manipulative Physiol Ther*. Jan 2009;32(1):14-24.
2. Pfefer MT, Cooper SR, Uhl NL. [Chiropractic management of tendinopathy: a literature synthesis](#). *J Manipulative Physiol Ther*. Jan 2009;32(1):41-52.
3. Schneider M, Vernon H, Ko G, Lawson G, Perera J. [Chiropractic management of fibromyalgia syndrome: a systematic review of the literature](#). *J Manipulative Physiol Ther*. Jan 2009;32(1):25-40.