

Pattern of trigger point producing headache in various muscles

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Lifelong **prevalence** of headache is **96%**, with a female predominance. More than 90% of patients who present to their primary care provider for evaluation of headaches have a primary headache disorder. primary headache comes from the inflammation of pain-sensitive parts of the body in and around the neck and head, including: Nerves, Blood vessels, and Muscles (of head and neck).trigger point is describe as a primary headache. A hyperirritable spot in skeletal muscle that is associated with a hypersensitive palpable nodule in a taut band. MTrPs have come to play a central role in the diagnosis and treatment of myofascial pain syndrome. An active trigger point is painful at rest A latent trigger point, does not produce spontaneous pain, but it may limit a person's range of motion in that area or cause muscle weakness . The most common sites for trigger points causing common tension headaches is The upper trapezius, The sub occipital muscles ,Upper trapezius, Sub-occipital M , Temporalis M, SCM, plenius capitus M, levator scapulae M. trigger points of terapezious muscle produce Temple and eyebrow pain headache deep behind the eye Jaw pain at the masseter muscle temporomandibular joint (TMJ) disorders pain up the side of the neck behind the ear headache at the back of the head hestricts rotation and lateral flexion of the head to the opposite side. in this lecture describe pattern of hedach in trigger point of above muscle and some therapeutic strategy .