

### NEW WAYS OF PAIN TREATMENT

The concept of myofascial pain is a relative new concept and refers to pains in the muscles and tendons. In 1983, Dr. Travell (known amongst other things for treating President Kennedy) published her book *Myofascial Pain and Dysfunction: The Trigger Point Manual*. Muscles and tendons have for a long time been omitted as a subject in medical education. Very few doctors know that Myofascial pain is the cause behind many different diagnoses, such as: Arthrosis, Bursitis, Ischias syndrome. This is a typical example: A patient gets pain around his hip joint. The x-ray study shows some arthrosis. The treatment is directed at the so called trigger points which are inactivated. Efficient treatment combines manual therapy with physiotherapy. Almost as important as the treatment of the pain, is accessing and rectifying the ergonomics of the patient.