Mindluster Platform

About the course Myofascial Pain Syndrome and Treatments

Myofascial Pain Syndrome course, in this course we will delve into the intricacies of myofascial pain syndrome (MPS), a common condition characterized by localized muscle pain and tenderness, often associated with trigger points. Students will explore the pathophysiology underlying MPS, including muscle overuse, trauma, poor posture, and emotional stress, leading to the development of trigger points within the muscle fibers. Through case studies and clinical examples, participants will gain insights into the diverse range of symptoms associated with MPS, such as muscle stiffness, restricted range of motion, and referred pain patterns. Additionally, the course will cover diagnostic approaches, including physical examination and trigger point identification, as well as various treatment modalities, such as manual therapies, trigger point injections, stretching exercises, and stress management techniques. By the end of the course, students will possess a comprehensive understanding of MPS and its management strategies to effectively address musculoskeletal pain and improve patient outcomes.

Medical Category's Courses

Course Lesson(18)

Lesson 1 : **Overview of the Musculoskeletal System Animation**

Lesson 2 : **Neuromuscular Junction Animation**

Lesson 3 : **Muscle Contraction Cross Bridge Cycle Animation**

Lesson 4 : **Motor Neuron Disease Animation**

Lesson 5 : **Shoulder Arthritis Narrated Animation**

Lesson 6 : **Frozen Shoulder Adhesive Capsulitis Animation**

Lesson 7 : **Surgical Options for Shoulder Arthritis Animation**

Lesson 8 : **Bankart Lesion and Repair Surgery Animation**

Lesson 9 : **Subacromial Decompression and Arthroscopic Rotator Cuff Repair Animation**

Lesson 10 : **Rheumatoid Arthritis Animation**

Lesson 11 : **Compartment Syndrome Animation**

Lesson 12 : **Thoracic Outlet Syndrome TOS Animation**

Lesson 13 :
Gout Pathophysiology Causes Symptoms Risk Factors Diagnosis and Treatments Animation

Lesson 14 : **Myofascial Pain Syndrome and Trigger Points Treatments Animation**

Lesson 15 : **Piriformis Syndrome versus Sciatica Animation**

Lesson 16 : **PRP Therapy Animation**

Lesson 17 : **ACL Reconstruction Surgery Animation**

Lesson 18 : **Ankle Fusion Surgery Animation**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

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