The Effect of Physical Therapy on Triceps Surae Myofascial Trigger Point

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Abstract : Introduction: Myofascial trigger points (MTrPs) are defined as hyperirritable areas within taut bands of skeletal muscle and classified as either active or latent. Although they could be present in any muscle, the triceps surae is one of the most affected of the lower limb. The aim of this study was described which treatments are more used and their principal results. Study design: We performed a systematic literature search using strategies for the concepts of "Trigger Points and Gastrocnemius and Soleus not Trapezius" in Medline. Articles were screened by authors and included if they contained a rehabilitation intervention of MTrPs in healthy subjects or patients. Results: The treatments used were mostly invasive interventions and only a small part of the studies used non-invasive treatments. The methodology (time o type of intervention, characteristics of treatment, etc.) used in these treatments were frequently undefined. Overall, examination variables varied significantly among the included studies, but they were improving their parameters when the MTrPs were treated. Conclusions: There are a high variety of physical therapy treatments to improve the symptomatology of MTrPs when affect triceps surae muscle. Even so, not a single study analyzing the skeletal muscle contractile parameters (as maximal displacement or delay time) change with MTrPS therapy has been found. The treatments have to better specificity the methodology used in the futures investigation.

Keywords : fascia, myofascial trigger points, physical therapy, triceps surae