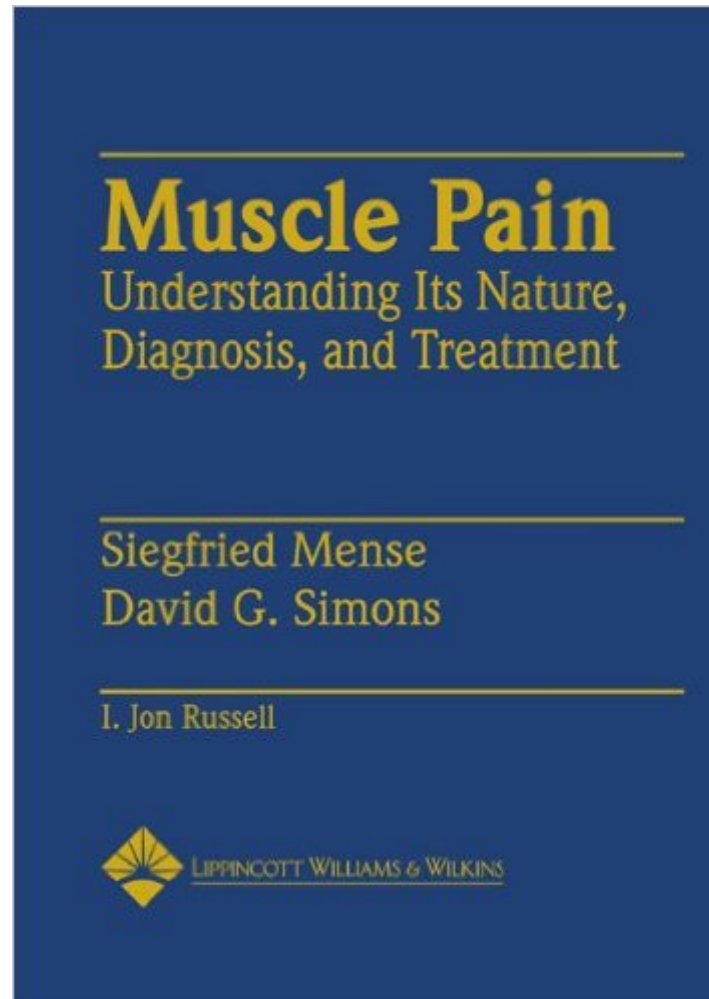


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# Muscle Pain: Understanding Its Nature, Diagnosis And Treatment



## Synopsis

For the first time a book that addresses all aspects of muscle pain from basic science to clinical treatment. This book answers all possible questions regarding muscle pain--from local muscle soreness to the fibromyalgia syndrome. The unique concept behind the book is the combination of neuroanatomical and neurophysiological data with the clinical management of all diseases that exhibit muscle pain.

## Book Information

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## Customer Reviews

This textbook may offer the most comprehensive, densely presented evidence-base on the physiology of muscle pain. It is a timely text as well because close collaboration between neuroscientists and clinicians is essential. This stunning textbook (written by two of the acknowledged leaders in the field of muscle pain) addresses all aspects of muscle pain from basic science to clinical treatment. The book also answers most of the questions regarding muscle pain -- from local muscle soreness to the fibromyalgia syndrome. The underlying concept behind the book is the combination of neuroanatomical and neurophysiological data with the clinical management of most of the diseases that exhibit muscle pain. The authors make the critical and central tenet that direct experimental evidence supporting the pain-spasm-pain vicious cycle model -- that nociception generates muscle hypertonicity -- is lacking. Mense and Simons explain that the available experimental evidence is contradictory to this concept. For instance, results from animal experiments indicate that a prolonged pathologic input from deep tissues abolishes rather than

enhances the capability of C-fibers from muscle to facilitate the flexor reflex for prolonged periods of time. There is sound biological reason for muscle weakness being immediately related to pain and dysfunction. Forceful muscle activation will raise the intra-muscular as well as the intra-capsular pressure of the joint(s) the muscle crosses and may lead to further damage to these tissues. With joint trauma or muscle injury, the muscular system will experience ongoing nociceptive stimulation as well as fatigue, which tends to cause recruitment of synergistic muscles to maintain the abnormal/new-normal situation.

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