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**QUIZ: Myofacial Pain Syndrome**

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*All questions must be answered in order to receive credit.*

## Questions: Myofascial Pain Syndrome (Myofascial Syndrome)

- 1) Which of the following is NOT a type of Myofascial Trigger Point?
  - A) Latent TP
  - B) Primary TP
  - C) Radiating TP
  - D) Satellite TP
  - E) Secondary TP
  - F) Active TP
  - G) Associated TP
  
- 2) True or False: A Myofascial Trigger Point (TP) is a hyper-irritable spot in the muscle that is the origin of the patient's pain symptoms, usually found within a taut band of skeletal muscle or fascial and when compressed it is painful and gives rise to a characteristic referred pain pattern.
  - A) True
  - B) False
  
- 3) True or False: The difference between an Active vs. a Latent Myofascial TP is the Latent Myofascial TP refers pain when the patient is at rest and/or in motion.
  - A) True
  - B) False
  
- 4) Which of the following is NOT a characteristic of an Active Myofascial (TP).
  - A) The TP is always tender with and without palpation.
  - B) The TP produces a specific referred pain response to a unique reference zone.
  - C) Direct pressure on the TP causes referred pain from the TP
  - D) The TP is only active with referred pain only with motion and/or lengthening of the muscle.
  - E) When strength testing the muscle with the TP, the muscle will test weak.
  
- 5) True or False: A satellite TP is hyper-irritability in a muscle that becomes active due to the muscle containing it is located within the pain zone of reference of another trigger point.
  - A) True
  - B) False

- 6) True or False: A Synergistic Muscle is a muscle that when contracted develops forces that oppose each other, but the Antagonists Muscle is a muscle that reinforce each other when they contract.
- A) True
  - B) False
- 7) Which one of the following are voluntary muscles?
- A) Cardiac muscles
  - B) Smooth muscles
  - C) Visceral muscles
  - D) Skeletal muscles
  - E) Renal muscles
- 8) True or False: The skeletal muscles are the smallest single or gan of the human body composing up to 40% of or more of the body weight.
- A) True
  - B) False
- 9) True or False: The muscles of the body are often overlooked by physicians because they concentrate their attention to bones, joints, bursae and nerves.
- A) True
  - B) False
- 10) Which are more common TP?
- A) Latent TP
  - B) Active TP
- 11) Which TP are more common in the aged?
- A) Latent TP
  - B) Active TP
- 12) Which TP are more common in the middle aged patient due to increased physical demand?
- A) Latent TP
  - B) Active TP

- 13) True or False: A patient with Active TP pain may be ignored or labeled neurotic because the physician cannot find the visceral cause of the pain complaint.
- A) True
  - B) False
- 14) Which of the following is a Synonymous term for TP
- A) Rheumatic Myositis
  - B) Pressure Point
  - C) Chronic Rheumatism
  - D) Nodular Fibromyositis
  - E) Myobibrositis
  - F) All of the above are synonymous terms for TP
- 15) True or False: Fibrositis has five different meanings in the research literature.
- A) True
  - B) False
- 16) Which of the following is a characteristic of TPs.
- A) Hypo-irritable locus within a taut band of skeletal muscle
  - B) It is located in the muscular tissue and/or its associated fascia
  - C) It is not painful when compressed
  - D) Evokes an uncharacteristic referred pain and autonomic phenomena
- 17) True or False: Normal muscles do not have TPs.
- A) True
  - B) False
- 18) True or False: TP affect women more than men.
- A) True
  - B) False
- 19) Which of the following activate TPs
- A) Acute overload on the muscle
  - B) Sustained muscle contraction
  - C) Other TPs
  - D) Visceral disease
  - E) Emotional distress
  - F) All of the above activate TP s

- 20) Which of the following are not examination findings associated with TP
- A) Active or passive stretching of the muscle with active TPs decrease the pain.
  - B) Stretch ROM is restricted causing forced stretching attempts to be very painful.
  - C) Maximum contractile force of the affected muscle is weakened when the TP is present.
  - D) Deep tenderness are commonly referred by active TPs
  - E) Muscles in the immediate vicinity of the TP feels tense to palpation.
  - F) TP is found in a palpable band as a sharply circumscribed spot of exquisite tenderness.
- 21) True or False: Laboratory and/or diagnostic imaging is usually normal.
- A) True
  - B) False
- 22) True or False: Pincer Palpation is performed by moving the subcutaneous tissue over the muscle fibers by using the fingertip.
- A) True
  - B) False
- 23) True or False: A nerve entrapment occurs when a nerve passing between taut muscle bands, or a taut muscle band and bone becomes compressed.
- A) True
  - B) False
- 24) True or False: The scaleni muscles may compress the radial nerve.
- A) True
  - B) False
- 25) Which of the following are NOT treatment options for TPs
- A) Home stretches and exercises
  - B) Nutritional supplements
  - C) Ice and heat therapy
  - D) Ultrasound
  - E) All of the above are treatment options for treatment of TP
- 26) True or False: Post treatment, the patient is to strengthen the muscle of the TP by performing exercises.
- A) True
  - B) False