

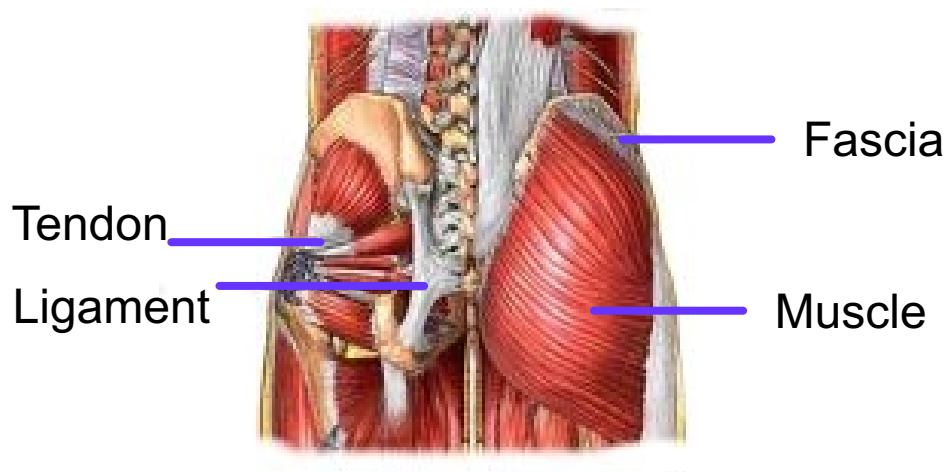
Alderete Chiropractic

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Muscle Pain

About Muscle Pain?

Skeletal muscle accounts for 40% of body weight, and about 85% of human pain complaints. The commonest muscles affected are those in the neck, shoulder girdle, low back and hip girdle. There are approximately 696 muscles in the body (347 paired and 2 unpaired).



A sprain is the rupture of a few muscle cells, producing initial pain and inflammation, and which usually settles within 1 -2 weeks. During this healing period it is possible to feel a painful taut band within the affected muscle where it has been sprained. This taut band is often referred to as an active trigger point (TrP).

In some people the pain resolves but the taut band remains, producing a latent trigger point (TrP).

A latent TrP does not normally cause pain unless it is prodded, rolled around, or stretched.

There is often also a complex interactive between fear of the pain, excessive guarding of the part, and abnormal beliefs about the cause of the pain.