

Myofascial trigger point

Myofascial trigger points (MTrPs) are commonly observed in the [neck](#), parascapular region, and upper back muscles of patients with cervical pathology.

Cervical root compression would be considered as the starting or maintaining factor of aMTrP ¹⁾.

¹⁾

Sari H, Akarirmak U, Uludag M. Active myofascial trigger points might be more frequent in patients with cervical radiculopathy. Eur J Phys Rehabil Med. 2012 Jun;48(2):237-44. PubMed PMID: 22614890.

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