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Clinical Review Section A Critical Overview of the Current Myofascial Pain Literature
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Clinical Review Section**A Critical Overview of the Current Myofascial Pain Literature – January 2016****Jan Dommerholt, PT, DPT, DAAPM^{a,b,c *}****Michelle Finnegan, PT, DPT, OCS, FAAOMPT^{a, b}****Rob Grieve, PT, Ph.D^{d2}****Todd Hooks, PT, ATC, OCS, SCS, FAAOMPT^e**

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Summary

Reflecting on the past year, the number of publications on myofascial pain continues to increase in a steady rate. The current review includes 30 basic and clinical studies, case reports, reviews, and reports from fifteen different countries about trigger points (TrP), myofascial pain (MP), dry needling (DN) and other related interventions. We are pleased that during 2015 this article made the top 15 of most downloaded articles as many as three times! In general, the quality of published papers is improving as well. Nevertheless, several papers included in this overview, mention the application of “ischemic compression”, which is a questionable concept in the context of TrP inactivation. As we have outlined previously, in the current thinking about myofascial pain, TrPs feature significant hypoxia and a lowered pH (Ballyns et al 2011, Shah and Gilliams 2008), and attempts to induce more ischemia would be counterproductive. Already in

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