3 - Clinical Anatomy

PO110 - (23761) - PAINFUL SENSITIVITY AREAS OF THE GLUTEUS MEDIUS MUSCLE AND THEIR CORRELATION WITH MYOFASCIAL TRIGGER POINTS

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Background: Myofascial pain syndrome (MPS) is the most frequent cause of chronic musculoskeletal pain. Trigger points in the gluteus medius are common features of patellofemoral and lumbar pain.

Objective: Correlate the painful sensitivity areas of the gluteus medius muscle with myofascial trigger points

Methods: We examined 30 patients to determine the areas with the highest muscle sensitivity using a digital pain pressure algometer. The muscle was divided into four areas (I to IV). Measurements were taken at five distinct points in all areas corresponding to the estimated quadrants. The average values of the algometer were described according to quadrants and compared between the quadrants using generalized estimation equations with a correlation matrix permutable between sides and quadrants, with a normal or Poisson marginal distribution respectively for algometer values, and an identity link function followed by Bonferroni multiple comparisons to identify which quadrants (I to IV) the differences occurred.

Results: There was a statistically significant average difference between some of the quadrants in the average algometer value at the pressed points ($p < 0.001$). It was found that quadrants II and I exhibited greater pain sensitivity.

Discussion: The painful points of the patients were similar to the entry points of the superior gluteal nerve in the gluteus medius muscle previously described by our group and match the location described by Travell and Simons (1983).

Conclusion: There was a correlation between the areas of greatest pain sensitivity in the gluteus medius muscle and the PGMs already described in the literature.

Palavras-chave : gluteus medius muscle, pain, myofascial